



ROASTED TOMATOES & BASIL CREAMY SAUCE WITH QUINOA & CORN SPAGHETTI

Tip# 1: Soak the cashew nuts overnight with double the amount of filtered or purified water – 1: 2 ratio.

Refrigerate if soaking overnight.

Soak for a minimum of 4 hours on top of the counter.

Drain the soaking water and rinse well before adding the nuts to the composition.

INGREDIENTS

Ingredients:

8 oz (227 g) – org spaghetti corn & quinoa
(gluten-free)

1 cup (140 g) – org raw cashew nuts *see

Tip#1

¼ cup (60 ml) – org coconut cream

4-6 org tomatoes (medium sized)

½ tbsp. – org Italian seasoning

2 tsp (8 g) – salt (himalayan or celtic)

2 – large garlic cloves

6-8 – fresh org basil leaves

DIRECTIONS

Dish Prep:

Step 1

Set the oven on the Broil function. Clean all tomatoes and add them to a baking pan for 15 minutes max.

Step 2

During the broiling of tomatoes start the boiling of the spaghetti process:

- In a large pot add water half way up and bring to a complete boil, adding 1 tsp (4g) of salt.
- Once the water starts boiling, add the spaghetti pasta without breaking it
- After 30 sec – 1 min in the boiling process, stir the spaghetti gently so they won't stick to each other
- Depending of the pasta type you're using (follow the prepping instructions on the package), it should be ready within 10-15 min max, of gentle boiling. If you prefer pasta al dente (not cooked all the way through), remove from the boiling process earlier by testing the texture.
- Once cooked, remove and drain the spaghetti in a colander, and run cold water on top.
- Set aside.

Step 3

After 15 min or broiling, the tomatoes are ready, and you can move along to making the sauce.

In a high-speed blender, add the following ingredients:

- soaked cashew nuts
- coconut cream
- roasted tomatoes
- basil
- Italian seasoning
- garlic cloves
- remaining 1 tsp of salt

Start blending at low speed until all ingredients will start mixing together, and gradually increase the speed to high. The sauce should mix easily and be ready in 1 minute. Blend an extra minute if you feel necessary until the mixture is smooth and creamy.

Step 3

Add the cooked spaghetti pasta into a large bowl.

Pour half of the roasted tomato sauce and stir together, mixing the sauce into the spaghetti.

Chop some more fresh basil leaves and add in. Stir again.

Ready to plate, topping with more fresh basil leaves and extra sauce if needed. You can also add extra cooked veggies on top if desired.

Keep the sauce, and pasta refrigerated and consume within 3 days.

PREP TIME: 5 MINS

COOK TIME: 20 MINS

TOTAL TIME: 25 MINS

SERVES: 4

VEGAN

GLUTEN-FREE

REFINED SUGAR-FREE

OIL-FREE