



## VEGAN ASPARAGUS LEMON-GINGER PESTO W/ BLACK PASTA

### INGREDIENTS

17 oz (500 g) – black vegan pasta (black beans, black rice options) (gluten-free)  
\*use preferred plant-based pasta  
2 lbs (907 g) – org fresh asparagus  
½ cup (70 g) – org raw pine nuts  
1 small – org red onion  
4 – large size org garlic cloves  
1 tbsp (11 g) – org grated ginger (or use a loose 1/8 tsp or ginger powder)  
1 tbsp – fresh lemon juice (from ½ lemon)  
2 tsp (8 g) – salt (Himalayan or Celtic)  
*Optional: lemon zest*

**PREP TIME: 10 MIN.**  
**COOK TIME: 20 MIN.**  
**TOTAL TIME: 30 MIN.**  
**SERVES: 6**

**VEGAN**  
**OIL-FREE**  
**GLUTEN-FREE**  
**SOY-FREE**  
**NO ADDED SUGARS**

### DIRECTIONS (1)

#### Step 1

*Set the oven on the Broil function or 450° F (232°C).*

Clean the asparagus spears under a stream of cold water and remove the woody ends (take one spear at the time and bend from one end – it will naturally snap where the wooded part starts). Add the asparagus spears to a baking pan and spread them evenly. Peel red onion and slice roughly – add to the baking pan, along with the four unpeeled garlic cloves. Broil for 20 minutes. Add an extra 3 minutes if you would like the spears slightly charred.

#### Step 2

During the broiling of the veggies start the boiling of the pasta:

- In a large pot, add water halfway up and bring to a complete boil, adding 1 tsp (4g) of salt.
- Once the water starts boiling, add the pasta
- After 30 sec – 1 min in the boiling process, stir in gently to loosen up the pasta nest (or depending on the used type)
- Depending on 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 pasta in a colander, and run cold water on top.
- Set aside.

#### Step 3

In a non-stick skillet (no oil) toast the raw pine nuts at medium heat until they turn golden brown (1-2 min.) Set aside.





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### DIRECTIONS (2)

#### Step 4

After 20-25 min or broiling, the veggies are ready, and you can move along to making the sauce.  
Remove 6-7 roasted asparagus spears – set aside.

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

- roasted pine nuts
- roasted asparagus
- roasted red onions
- baked garlic (squeeze out of the baked cloves)
- lemon juice
- grated ginger (or powdered) \*recommended fresh or pickled
- remaining 1 tsp of salt
- water (2 tbsp)

Start blending at low speed until all ingredients will start mixing and gradually increase the speed to high.  
Stop and scrape sides as necessary. The sauce should mix easily and be ready in max 2 minutes.  
Blend an extra minute if you feel necessary until the mixture is smooth and creamy.

#### Step 5

Add the cooked pasta into a large bowl.

Take the set aside roasted asparagus spears and cut in small pieces  $\frac{1}{2}$  inch each.

Pour half of the asparagus pesto sauce and stir together, mixing the sauce into the pasta.

Add the remaining pesto and gently incorporate it.

Add the small pieces of roasted asparagus, and grate zest from  $\frac{1}{2}$  lemon (optional).

Ready to plate!

*Additional toppings – grated cashews or roasted pine nuts.*

*Enjoy fresh!*

*Keep the sauce, and pasta refrigerated and consume within two days.*