
Easy Creamy Roasted Red Pepper Pasta



So easy and tasty – the roasted red peppers add a lovely sweetness and a slight charred note that goes so well with the wholemeal pasta. This is pure creamy, pasta deliciousness! Add any cooked veg you like to bulk this out, for example cooked broccoli, grilled courgettes, roasted cauliflower, fine beans.

Serves 4

Takes 10 minutes

300g wholemeal pasta of choice (use gluten-free if coeliac)

Red pepper sauce

100g cashew nuts

500ml oat milk

1½ teaspoons salt

¼ teaspoon ground black pepper

1 teaspoon garlic powder

juice of ½ a lemon

100g roasted red peppers (from a jar)

Veg

100g frozen peas

200g mushrooms

75g roasted red peppers (from a jar)

1 tablespoon tamari/soy sauce

20g fresh basil

Drain and rinse the cashew nuts.

Put the frozen peas into a large bowl, cover with boiling water and leave to defrost. Finely chop the mushrooms. Slice the 75g of roasted red pepper into thin strips.

Soak the cashew nuts in boiling water for 10 minutes. Cook your pasta in well-salted water according to the packet instructions. While it is cooking, blend all the ingredients for the creamy red pepper sauce until nice and smooth.

Heat a non-stick pan on a high heat. Once hot, add the chopped mushrooms and fry for 5 minutes, stirring regularly. Once they start to brown, add the tamari/soy sauce and quickly stir it around the pan. Remove from the heat. Pick the basil leaves from their stalks.

Drain the pasta, keeping some of the cooking water aside. Drain and rinse the peas (make sure they are thawed). Add the drained pasta, peas and red pepper sauce to the cooked mushrooms, mix well over a medium heat until warmed through, adding a few tablespoons of pasta water to thin the sauce if needed, and simmer until the sauce has thickened nicely to your desired consistency.

Taste and season, then serve sprinkled with the basil leaves.