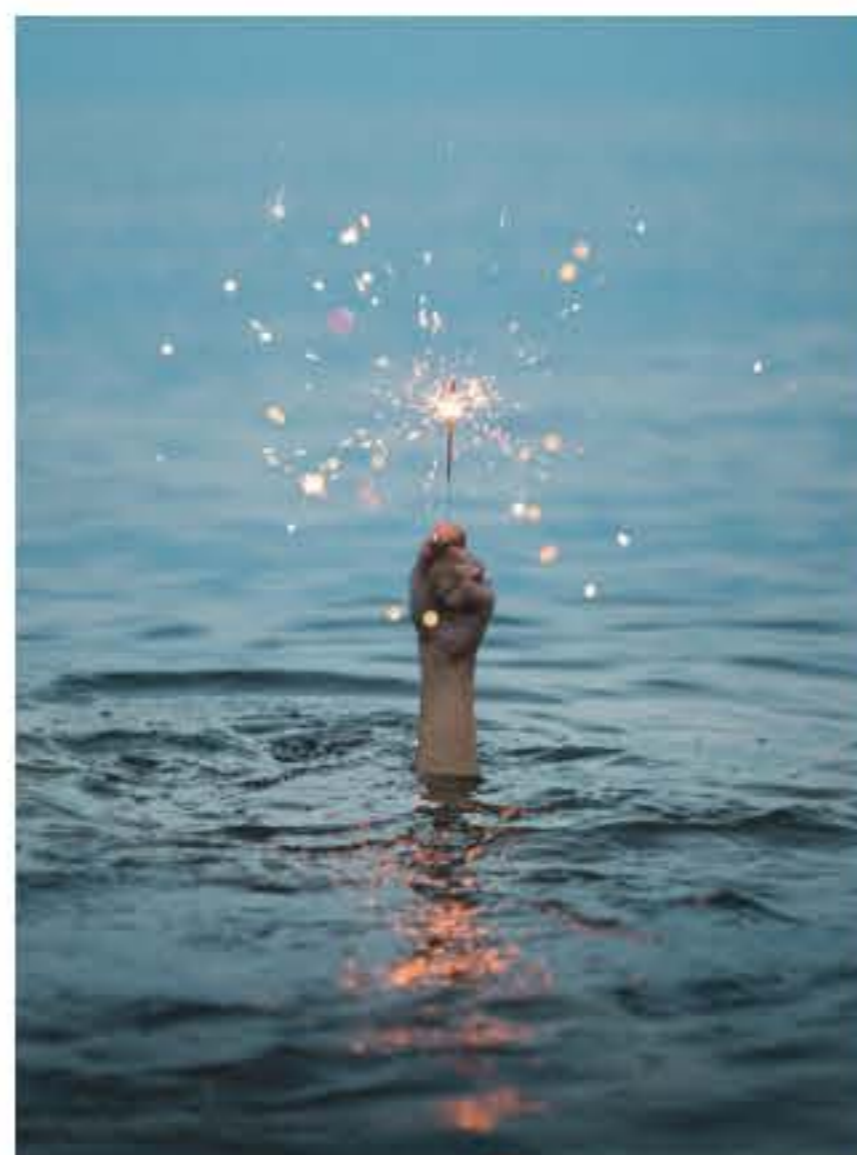


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RECIPES

Mushroom Broccoli Pasta

Tuesday, August 4, 2020

Warning: This is a failed recipe for me, I did not like the taste at all! x_x" Read ahead if you want to know happened, and what I learned from my rookie mistake.

Well, truth is I am forever on the hunt of easy and yummy meal to prepare. But note to self: there are ingredients we simply cannot skip!

So here's what happened. I forgot to pre-soak my cashews and really craved for some pasta so I decided to just go for it! I thought the cashew milk I bought would give the flavor I have in my head, well turns out, it would only taste nice, in my head. LOL! Add to that I found a vegetable broth powder broth mix from the grocery and just added that other yummy layer of flavor in my head, again. It would probably have tasted wonderful if I added some spices like rosemary, basil, or oregano. Well I can say this dish was pretty much a daydream. Hahaha!

Do not make the same mistake that I did! Remember this when preparing this "creamy" broccoli mushroom pasta: you must definitely not skip adding the cashews as it does give a creamy flavor to the dish. Not. Ever.

I have also learned via another recipe that if you are a lazy ass like me and don't want to soak the cashews, you can actually just boil the cashews for 10 mins. Easy, right?

Okaaay enough talking, here's the recipe.

Prep Time: 20 minutes
Cook Time: 20 minutes
Total Time: 40 minutes
Yield: 15 Brownies

RECIPES

- 2 tbsp olive oil
- 1 can button mushroom (I bought one that is already sliced)
- 1/2 cup of bro
- 5 garlic cloves peeled and minced
- half of a medium sized onion
- 1 tbsp vegetable broth powder mix
- 250 g penne pasta
- 2 cups cashew milk
- 2 tsp salt
- dash of pepper to taste
- 2 tbsp nutritional yeast
- 2 tsp corn starch diluted in 2 tbsp water

INSTRUCTIONS

1. Cook your penne pasta as per packaging instructions
2. While your pasta is boiling, heat your pan to medium low heat. Add your oil into the pan, then saute your garlic and onion.
3. Drain the mushroom from the can, then add to pan until golden brown.
4. Pour the cashew milk, then add the salt, vegetable broth powder mix, and nutritional yeast. Bring to a boil for 5 minutes then add the broccoli to simmer for another 5 minutes.
5. Add the diluted cornstarch. Mix well, and then toss in the penne pasta.

NOTE

- For the vegan version, replace egg with: 1 tbsp of flax meal mixed with 3 tbsp of water. Mix together, and let sit in for 15 minutes to thicken
- This recipe works even without the liquid smoke, I like adding it for that extra burger smokey flavor

EASY

LUNCH

PASTA

RECIPE

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