

Foodnity Recipes

# Beetroot Pasta Perfection

Bright beetroot pasta with buttery sauce, ready in under 40 minutes.

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| **15 min** Prep time | **20 min** Cook time | **35 min** Total time |
| **4** Servings | **Easy** Difficulty | **Italian** Cuisine |

## Ingredients

### Main Ingredients

- [ ] 2 medium beetroots (about 1 pound), roasted and peeled
- [ ] 12 oz pasta (fusilli, penne, or your favorite shape)
- [ ] 3 tbsp unsalted butter
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp lemon zest
- [ ] 2 tsp fresh lemon juice
- [ ] Salt and freshly ground black pepper to taste
- [ ] ¼ cup grated Parmesan cheese (optional)
- [ ] Fresh parsley, chopped for garnish

### Optional Extras

- [ ] ¼ cup toasted pine nuts for crunch
- [ ] A drizzle of extra-virgin olive oil

## Instructions

1. Preheat your oven to 400°F (200°C). Wrap the beetroots in foil and roast for 45-50 minutes, or until tender when pierced with a knife.
2. While the beets roast, bring a large pot of salted water to a boil, cook the pasta al dente according to package instructions, then drain, reserving 1 cup of pasta water.
3. Sauté the minced garlic in butter over medium heat until fragrant, about 30 seconds – be careful not to let it brown.
4. Add the roasted beet flesh to the pan, mash lightly, then stir in lemon zest, lemon juice, and a splash of reserved pasta water. Simmer for 2-3 minutes until the sauce thickens.
5. Toss the cooked pasta into the sauce, coating evenly. If the sauce seems thick, add more pasta water a tablespoon at a time until you reach a silky consistency.
6. Season with salt and pepper, stir in grated Parmesan if using, and remove from heat.
7. Plate the pasta, garnish with fresh parsley and optional toasted pine nuts. Serve warm and enjoy the bright, comforting flavors.

### Nutrition per serving

| 410 kcal | 12 g | 58 g | 14 g |
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| Calories | Protein | Carbs | Fat |

**Tips & notes**

- If the beet puree is too thick, thin it with a little broth or extra pasta water.
- For extra depth, roast the garlic with the beets.
- A touch of smoked paprika can add a subtle warmth without overpowering.