

Foodnity Recipes

Creamy Sun-Dried Tomato Vegan Pasta Recipe

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

Ingredients

Main Ingredients

- [ ] 8 oz (225g) pasta of choice
- [ ] 1/2 cup (75g) sun-dried tomatoes, oil-packed, chopped
- [ ] 1/2 cup (70g) raw cashews, soaked
- [ ] 3 cloves garlic, minced
- [ ] 2 tbsp nutritional yeast
- [ ] 1 tbsp lemon juice
- [ ] 1/2 tsp salt, or to taste
- [ ] 1/4 tsp black pepper
- [ ] 1/4 tsp red pepper flakes (optional)
- [ ] 1/2 cup (120ml) water, plus more as needed
- [ ] 2 tbsp olive oil
- [ ] Fresh basil or parsley, for garnish

Instructions

1. Soak the cashews in hot water for at least 2 hours. Drain and rinse before using.
2. Cook the pasta according to package instructions until al dente. Reserve 1/2 cup of pasta water before draining.
3. In a skillet, heat the olive oil over medium heat. Add the minced garlic and chopped sun-dried tomatoes. Sauté for 2-3 minutes until fragrant.
4. In a blender, combine the soaked cashews, nutritional yeast, lemon juice, salt, black pepper, red pepper flakes, and water. Blend until completely smooth and creamy.
5. Pour the cashew sauce into the skillet with the garlic and sun-dried tomatoes. Stir well and heat gently for 2-3 minutes.
6. Add the cooked pasta to the skillet and toss to coat evenly in the sauce. If the sauce is too thick, add a splash of reserved pasta water to thin it out.
7. Taste and adjust seasoning if needed. Garnish with fresh basil or parsley and serve immediately.

Nutrition per serving

420 kcal	12 g	55 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a smoother sauce, soak the cashews overnight.
- If you prefer a thicker sauce, reduce the amount of water in the blender.
- Add a handful of spinach or kale to the skillet for extra greens.
- This pasta pairs beautifully with a side of vegan Greek salad.