

Foodnity Recipes

Marry Me Pasta Recipe (Vegan & Delicious)

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Italian-Inspired** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz pasta (penne, fettuccine, or spaghetti)
- [ ] 1 cup raw cashews, soaked
- [ ] 1/2 cup sun-dried tomatoes, chopped
- [ ] 4 cloves garlic, minced
- [ ] 2 tbsp nutritional yeast
- [ ] 2 tbsp lemon juice
- [ ] 1/2 tsp red pepper flakes (optional)
- [ ] Salt and pepper to taste
- [ ] Fresh basil or parsley for garnish

For the Sauce

- [ ] 1 cup reserved pasta water
- [ ] 2 tbsp olive oil
- [ ] 1/4 cup fresh basil, chopped

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 cup of pasta water before draining.
3. In a blender, combine the soaked cashews, nutritional yeast, lemon juice, and 1/2 cup of the reserved pasta water. Blend until smooth and creamy.
4. In a large skillet, heat the olive oil over medium heat. Add the garlic and sun-dried tomatoes, sautéing for 2-3 minutes until fragrant.
5. Pour the cashew sauce into the skillet with the garlic and tomatoes. Stir well and add the cooked pasta. Toss to coat, adding more pasta water as needed to thin the sauce.
6. Season with salt, pepper, and red pepper flakes if using. Garnish with fresh basil or parsley and serve immediately.

Nutrition per serving

450 kcal	15 g	60 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a smoother sauce, soak the cashews overnight.
- Add a splash of plant-based milk if the sauce is too thick.
- This dish is best served fresh but can be reheated gently on the stovetop.