

Foodnity Recipes

Vegan Wild Garlic Pesto Pasta

15 min Prep time	**15 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Pesto

- [ ] 2 cups fresh wild garlic leaves, packed
- [ ] 1/2 cup raw cashews, soaked 15 min
- [ ] 3 tbsp nutritional yeast
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tbsp lemon juice
- [ ] 1 garlic clove
- [ ] 1/4 tsp sea salt
- [ ] Freshly ground black pepper, to taste

Pasta

- [ ] 12 oz whole-wheat spaghetti or gluten-free pasta
- [ ] 2 tbsp olive oil for tossing
- [ ] Optional: toasted pine nuts and lemon zest for garnish

Instructions

1. Bring a large pot of salted water to a boil, add the pasta, and cook until al dente, about 9-11 minutes.
2. While the pasta cooks, drain the soaked cashews and combine them in a food processor with wild garlic, nutritional yeast, lemon juice, garlic clove, olive oil, salt, and pepper. Blend until smooth, adding a splash of water if needed.
3. Reserve 1/2 cup of pasta cooking water, then drain the pasta.
4. Return the pasta to the pot, stir in the pesto, and add reserved water a little at a time until the sauce coats the noodles beautifully.
5. Drizzle with a touch more olive oil, sprinkle pine nuts and lemon zest if using, and serve warm.

Nutrition per serving

420 kcal	14 g	56 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra brightness, add a pinch of lemon zest just before serving.
- If the pesto is too thick, thin with a little more pasta water.
- Toast pine nuts in a dry skillet for added crunch.