

Creamy Vegan Pepper and Tomato Pasta with Pine Nuts

hellóchef

Enjoy this luscious red pasta which benefits from the natural sweetness of red peppers.

Cals 898 • Prot 38 • Carbs 152 • Fat 21

Vegan

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🕒 cook: 30 min

R2525



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Pasta	2 ppl	3 ppl	4 ppl	
Spaghetti 10*	250	375	500	Grams
Sauce				
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Red pepper	1	2	2	Piece
Sun dried tomatoes	60	90	120	Grams
Olive oil	1	2	2	Tbsp
Salt	0.5	1	1	Tsp
Tomato paste	70	70	140	Grams
Paprika powder	2	4	4	Grams
Chopped tomatoes	400	400	800	Grams
Vegetable stock cube 15*	1	1	2	Piece
Brown sugar	5	5	10	Grams
Cashew nuts 1*, 2*	40	60	80	Grams
Almond milk 2*	240	240	480	ML
Black pepper	0.5	1	1	Tsp
To serve				
Cherry tomatoes	150	250	300	Grams
Fresh basil	15	15	15	Grams
Pine nuts 2*	20	30	40	Grams

Allergens

*10 Wheat, *15 Celery, *1 Peanuts, *2 Tree Nuts

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3724 / 898
Fat (g)	21.1
of which saturates (g)	2.5
Carbohydrate (g)	152
of which sugars (g)	36.6
Fiber (g)	22.1
Protein (g)	37.6
Salt (g)	2

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Peel and chop the **onion**. Peel and mince the **garlic**. Roughly chop the **peppers** and **sun dried tomatoes**.



2 Start sauce

Heat a large non-stick pan over a medium heat with a drizzle of **olive oil**. Once hot, add the **onion** and **pepper** with a pinch of **salt**. Fry for 3 min. Add the **tomato paste, garlic, paprika** and **sun dried tomatoes** and cook for 2 min.



3 Simmer

Add the **chopped tomatoes, vegetable stock cube, sugar, cashew nuts** and **almond milk**. Cover with a lid, reduce the heat to low and simmer for 15-20 min.

Tip! For extra creaminess, soak the cashew nuts in hot water for 2-4 hours before cooking. Drain well.



4 Boil and toast

Meanwhile, bring a large pot of salted water to the boil. Once boiling, add the **spaghetti** and cook for 8-10 min until 'al dente' or cooked to your liking. Drain. Meanwhile, slice the **cherry tomatoes** in half. Pick the **basil** leaves. Toast the **pine nuts** in a hot, dry pan for 2 min or until starting to brown. Set aside.



5 Blend sauce

Add the **sauce** to a food processor and blitz until smooth. Alternatively, use a hand-held blender. Season to taste with **salt** and **pepper**.



6 Finish

Toss the drained **spaghetti** in the **tomato sauce** along with the **cherry tomatoes** and **basil** leaves. Divide among plates and sprinkle with the toasted **pine nuts**.