

Vegan Chick'n Carbonara



TOTAL TIME

20 mins



COURSE

Dinner



SERVINGS

4 servings

CALORIES

525 kcal

EQUIPMENT

- collander
- large saucepan
- blender

INGREDIENTS

- 8 oz whole wheat spaghetti
- 2 Tbsp olive oil
- 1 onion chopped
- 3 cloves garlic minced
- 1 c unsweetened almond milk
- ½ c raw cashews soaked overnight & drained
- ¼ c nutritional yeast
- 2 Tbsp lemon juice
- ½ tsp sea salt
- ½ tsp black pepper
- ¼ tsp turmeric

- ¼ tsp smoked paprika
- 1 lb vegan chicken strips (like Morning Star Farms)
- 2 Tbsp fresh parsley chopped

INSTRUCTIONS

1. Cook the spaghetti according to package Instructions until al dente. Drain and set aside.
2. In a large saucepan, heat the olive oil over medium heat. Add the onion and garlic and cook until the onion is translucent, about 5 minutes.
3. In a blender, combine the almond milk, soaked cashews, nutritional yeast, lemon juice, sea salt, black pepper, turmeric, and smoked paprika. Blend until smooth.
4. Add the cashew sauce to the saucepan with the onion and garlic. Stir to combine and cook until the sauce thickens, about 5 minutes.
5. Add the vegan chicken strips to the sauce and cook for another 5 minutes, until heated through.
6. Add the cooked spaghetti to the sauce and toss to coat.
7. Divide the pasta among 4 plates and garnish with chopped parsley.

NUTRITION

Nutrition Facts

Vegan Chick'n Carbonara

Amount Per Serving

Calories 525 Calories from Fat 171

% Daily Value*

Fat 19g **29%**

Carbohydrates 64g **21%**

Protein 27g **54%**

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!