



Cooking with Jax Hamilton

Vegan Tagliatelle Alfredo

I've put a plant-based spin on this traditional, rich parmesan and butter sauce. Still quick, still decadent and turns that meat-frown upside down. Keep it simple and no-one will know the difference.

Prep time: 10 min
Cook time: 25 Min
Serves: 4
Dietary: Vegan

Ingredients

500g Pasta Vera vegan tagliatelle
100g non salted roasted cashew nuts
2 cloves garlic, crushed
1 tsp cornflour
2 tbsp nutritional yeast
1/3 cup vegan parmesan, extra for garnish
400ml plant based milk, warm
Salt and freshly ground black pepper
1/4 cup freshly picked thyme leaves, extra for garnish



Method

Soak the cashews in just boiled water for 20 minutes. Drain. Add 1/4 cup fresh water and blend.

Cook your pasta. Fill a saucepan of water, season generously with salt. Bring to a boil. Gently tumble in your tagliatelle. Cook as directed on the packet.

Sauce : When smooth add garlic, corn flour, yeast, parmesan and 3/4 milk. Blend again, if thick add more milk until silky.

Pour into a saucepan and gently cook, whisking for 5 minutes. The sauce will thicken, drizzle in more milk until the sauce runs from the spoon. Taste and season with salt and if you have it white pepper. Otherwise black will do.

Drain your pasta, pour over 3/4 sauce, add the thyme.

SERVE: Divide into 4 bowls, sprinkle with remaining parmesan and thyme leaves.

Jax Says: I love a good punch of garlic in my alfredo sauce, so feel free to add more. Also, this sauce can take a fair amount of heat, so 1/2 tsp chilli flakes into the sauce just before serving takes it up a notch. Optional of course.