

Pink Pasta

Ingredients

- 3/4 cup raw cashews
- 1 small red beet, peeled and cut into cubes
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon salt
- 2 cloves of garlic
- 3/4 cup water
- 2 tablespoons fresh lemon juice
- 1/3 cup dry white wine or rosé wine
- 1/4 cup low sodium vegetable stock
- 250 grams whole wheat fettuccine
- Parmesan cheese for serving
- Add protein of your choice (shrimp, chicken etc.) cooked separately



Instructions

1. Soak the cashews for 4 hours or preferably overnight (if forgot, pour boiling water over cashews for 30 minutes)
2. Preheat oven to 425F
3. Place the beet cubes in foil, drizzle with olive oil and salt. Close the foil and roast for 1 hour until fork tender
4. In a blender combine - cashews, garlic, water, lemon juice, salt and any other seasonings of choice (basil, parsley, oregano). Add one piece of beet and blend on high speed. Add more beet pieces one at a time until the pink colour of sauce is achieved.
5. Bring a large pot of salted water to a boil, add the pasta and cook for 10-13 minutes. Drain the pasta but reserve 2/3 cup of pasta water for later.
6. While the pasta is cooking, heat a large pan over medium heat. Add cashew sauce created in step 4 and bring to a simmer. Reduce the heat to low and add white wine, reserved pasta stock, vegetable stock and simmer until it is warmed through.
7. Add the pasta to the sauce and toss with tongs for an even pink look. Add the protein.
8. Plate the dish and sprinkle some Parmesan cheese on top and enjoy!