

Pasta Neapolitan & Brazil Nut Pesto

Ingredients

100g pasta per person

For the Sauce

800g diced tomatoes
2 onions diced
6 cloves garlic minced
Handful of fresh oregano
3 tbsp olive oil
Salt
2 chillies roughly chopped (optional)
300g sliced mushrooms

For the Parmesan

1 cup brazil nuts
¼ cup nutritional yeast
¼ tsp turmeric
½ tsp smoked paprika
1 ½ tbsp white or light coloured miso
½ tsp salt to taste

Sauce Method

1. Place the olive oil in a saucepan and sauté the onions and a generous pinch of salt for 5 minutes or until soft, add the garlic and sauté for a few more minutes.
2. Add the rest of the ingredients including 1 tsp salt, put a lid on the saucepan and bring to the boil. Turn to a simmer and simmer for 20 minutes.
3. Take the lid off and simmer until the sauce looks thick. Turn off the heat.
4. Using a hand held blender process the sauce to remove any chunky bits.
5. Cook the pasta then reheat the sauce. If using mushrooms fry these up. Serve the sauce with the pasta, mushrooms and a big sprinkling of the Brazil nut parmesan.

Parmesan Method

1. Place the Brazil nuts and nutritional yeast in a food processor and process until resembles fine breadcrumbs.
2. Mix in the rest of the ingredients.



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