

Beet Pesto Linguine

Prep: 25 minutes • Cook: 10 minutes

Silky linguine tossed in a vividly pink, earthy-sweet beetroot pesto brightened with basil and curry, enriched with coconut milk, and crowned with golden mushrooms, pumpkin seeds, and fresh basil.

Ingredients

- 2 cups beets (raw, peeled and cubed (about 2 large beets))
- 1/3 cup extra-virgin olive oil
- 1/2 cup basil leaves (fresh)
- 4 tbsp pumpkin seeds
- 2 cloves garlic
- 1 1/2 tsp curry powder
- 1/2 tsp sea salt
- 1/2 tsp ground pepper
- 1 tbsp oil
- 2 cups mushrooms (sliced)
- 400 g dry linguine (use gluten-free linguine if desired)
- 1 cup coconut milk
- to taste salt
- to taste black pepper (freshly cracked)
- 2 tbsp pumpkin seeds (for garnish)
- 1 handful basil leaves (for garnish)
- to taste extra-virgin olive oil (for drizzling)

Instructions

1. Add the beetroot pesto ingredients (beets, olive oil, basil, pumpkin seeds, garlic, curry powder, sea salt, ground pepper) to a food processor or blender and process until smooth; set aside.
2. Heat a medium pan over medium heat, add 1 tbsp oil, and sear the sliced mushrooms for about 5 minutes until golden; season with salt and pepper and set aside.
3. Bring a large pot of water to a boil. Add the linguine and 1 tsp salt, stir, and cook according to package directions until al dente.
4. Drain well and return the pasta to the pot.
5. Add the beet pesto and coconut milk; toss to coat. Season with salt and pepper and cook over low heat for 1–2 minutes.

6. Transfer to a serving dish. Top with the seared mushrooms, pumpkin seeds, and basil leaves; finish with a drizzle of olive oil and freshly cracked pepper.

7. Optional: Add seared tempeh on top for extra protein.

Tags: Vegan, Gluten Free Option, Nut Free, Pasta, Beets, Weeknight

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