

Curried Carrot Pasta

Prep: 20 minutes • Cook: 20 minutes

Al dente pasta tossed in a silky, curry-spiced carrot and coconut sauce with sweet green peas, bright herbs, and a spritz of lemon for lift.

Ingredients

- 4 medium carrots (sliced)
- 1 onion (diced)
- 3 cloves garlic (sliced)
- 3 cups water
- 1 cup coconut milk
- 2 tbsp nutritional yeast flakes (optional)
- 1 tsp curry powder
- 1 tsp sea salt
- 1/4 tsp ground nutmeg
- 1/4 tsp ground pepper
- 1/2 lb (227 g) dry pasta (of choice)
- 1 cup green peas
- a handful green peas (for garnish)
- a handful cilantro and/or chives (chopped)
- 1-2 tbsp lemon juice

Instructions

1. Place carrots, onion, garlic, and water in a medium pot. Bring to a boil, then cook on medium-high heat for 15 minutes.
2. Transfer the pot contents (including the liquid) to a blender. Add coconut milk, nutritional yeast, curry powder, sea salt, nutmeg, and pepper. Blend until creamy.
3. Cook the pasta according to package directions; drain well.
4. Return the pasta to the pot and add 1 cup green peas and the sauce. Mix well and cook on low heat for 2-3 minutes.
5. Garnish with extra green peas and chopped cilantro and/or chives.
6. To serve, squeeze lemon juice over the pasta.

Tags: Vegan, Gluten Free Option, Pasta, Curry, Nut Free, Weeknight Friendly

Recipe saved with Recipio - recipio.app