

Artichoke Pasta



Ingredients (makes 2 servings):

- 150g ready cooked artichokes
- 200g pasta (I use yellow pea pasta)
- 2 tablespoons olive oil
- 2 garlic cloves, finely chopped
- 2 tablespoons non-dairy milk
- 2 tablespoons nutritional yeast
- 2 tablespoons lemon juice
- Salt and pepper to taste
- 50g baby spinach
- 2 tablespoons toasted breadcrumbs (to serve)
- 1 tablespoon chopped walnuts (to serve)
- Fresh parsley (to serve)

Make:

1. Cook the pasta per instructions
2. Chop artichokes into small chunks
3. Fry the garlic in the olive oil.
4. Add the non-dairy milk, nutritional yeast, lemon juice and salt & pepper.
5. If the sauce is too thick, add up to 50ml of water from the pasta cooking water.
6. Add the drained pasta
7. Stir in the artichoke chunks to heat through plus the spinach and cook until wilted
8. Serve into bowls and top with breadcrumbs, chopped walnuts and fresh parsley

