

Avocado Pasta



Ingredients (serves 2):

- 8 oz dried pasta – plus pasta water as needed
- Olive oil
- Juice of 1 lemon
- 1 clove of garlic
- 2 tablespoons nutritional yeast
- 1 ripe avocado
- 150g baby spinach
- 1 teaspoon oregano
- Salt and pepper to season

Make:

1. Cook pasta according to the packet instructions.
2. Before draining, keep back about 100ml pasta water.
3. To a blender, add avocado, nutritional yeast, garlic, olive oil, oregano and lemon juice.
4. Add the pasta water and blend until smooth
5. Tip the sauce mixture into a pan, season with salt and pepper and add the baby spinach.
6. Cook until the spinach is wilted.
7. Add the pasta to the sauce, heat through then serve.

