



Recipe of the Week

Bean and broccoli pasta

Pasta

250g gluten free pasta
1 head of broccoli, cut into florets
Large handful of mangetout
Drizzle of olive oil

Sauce

1 x 400g can cooked cannellini beans, drained and rinsed
60ml vegetable stock
Juice of $\frac{1}{2}$ lemon
3 tbsp nutritional yeast flakes
1 garlic clove, crushed
 $\frac{1}{2}$ tsp onion salt
Pinch of cayenne pepper
Black pepper to taste

1. To make the sauce, place all the ingredients in a blender and process to form a thick sauce. Add a little more vegetable stock if needed. Season to taste.
2. Cook the pasta according to the packet instructions. About 3 minutes before it is cooked, add the vegetables and cook briefly until tender. Drain excess water but reserve a little of the cooking liquid.
3. Put the pasta and vegetables back in the pan and stir in the sauce. Add a little of the spare cooking liquid if needed to combine the sauce.
4. Spoon into bowls to serve.