

# CREAMY PEA & AVOCADO PASTA

by Dr Taisia Cech



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*Creamy yet fresh, this pasta can be whipped up in under 15 minutes!*

*This pasta is a great way to get greens into the family.*

## Ingredients

- 1 cup frozen peas
- 500g wholegrain or legume spaghetti
- 1 cup chopped broccoli
- ½ cup corn kernels (canned or frozen)
- 1 small avocado
- 2 cloves garlic, minced
- 1 handful fresh basil + extra for garnish
- 1 handful fresh baby spinach leaves
- 1 cup plant milk
- ½ cup home-made vegetable stock
- Juice and grated rind of 1 lemon
- 2 tbsp nutritional yeast
- Pepper, to taste
- 1 cup cherry tomatoes

### Nutritional yeast crumble

- ½ cup walnuts
- ½ cup nutritional yeast flakes
- ½ tsp white pepper

## Directions

1. Cook frozen peas for 3 minutes in a saucepan of boiling water over high heat. Drain peas in a sieve over the sink and rinse with cold water.
2. Cook spaghetti and broccoli in a saucepan over medium/high heat until pasta is al dente. If using frozen corn add this now.
3. Add the avocado, cooked peas, garlic, basil, spinach, milk, vegetable stock, lemon rind, lemon juice and nutritional yeast to a blender and process until smooth. Add pepper to taste.
4. Drain pasta and cooked vegetables and place in a bowl. Add corn now if using canned. Stir in avocado sauce and baby spinach. Top with cherry tomatoes and more basil.
5. To make the nutritional yeast crumble, put all ingredients into a food processor and pulse until fine and crumbly.
6. Sprinkle 1 tbsp nutritional yeast crumble on top of each bowl of pasta.

*Notes: Try kale or rocket instead of spinach.*

**PREP TIME: 15 MINS**

**TOTAL TIME: 15 MINS**

**SERVES: 4**

**Dr Taisia Cech** is a GP who is board certified in lifestyle medicine and holds a certificate in plant-based nutrition. She has a lifestyle clinic, Plantify, in Nelson which offers individual and group lifestyle support, both locally and virtually. Find her at [plantify.co.nz](https://plantify.co.nz) and on social media [@plantifynz](https://www.instagram.com/plantifynz).

