

# CREAMY PLANT BASED FETTUCCINE CARBONARA

WITH FRIED MUSHROOMS, BUTTER BEANS,  
& TOASTED SEEDS

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## METHOD

1. Add the Fettuccine (or gluten free spaghetti) to a large pot of boiling water with a pinch of salt and stir to separate. Cook for 9-10 minutes or until 'al dente' - firm to the bite, or just to however you like your pasta cooked. Drain and set aside in a colander.

2. Meanwhile, peel the Onion, and finely dice into small pieces. Crush the garlic cloves under the flat of a large knife and peel off the skin, then mince finely. Rinse the Mushrooms, pat dry, and chop them into 1-2 cm pieces, i.e. quarters or halves, evenly sized.

3. Set a frying pan with a drizzle of oil to a medium-high heat. Fry the onions, stirring often, for 3-4 minutes. They should be translucent and soft, even slightly browned. Reduce the heat to medium and add the garlic and mushrooms. Stir well and continue to fry for another 3-4 minutes, until the mushrooms have also browned at the edges. Add a splash of water and fry off until evaporated if anything is sticking to the pan.

4. Pour the Carbonara Sauce with Butter Beans into

the frying pan and stir the vegetables in. Bring to a gentle simmer, stirring occasionally, then reduce the heat and continue to simmer for 2-3 more minutes to ensure it is all fully cooked. Taste and season with salt and pepper if desired. If you have room in your pan, gently stir in the cooked and drained pasta.

5. Serve the Fettuccine Carbonara in dinner bowls topped with some Toasted Seeds and a handful of freshly cut and rinsed micro herbs.

## INGREDIENTS

Per 1 serve: you will use 2x or 4x this amount

100g Fettuccine (or Granoro Gluten Free Spaghetti)  
1/4 Brown Onion  
1-2 Garlic Cloves  
80g Button Mushrooms  
1 1/2 Cup Carbonara Sauce with Butter Beans  
2 Tbsp Toasted Seeds

## EXTRAS

(not supplied)

Salt, pepper, olive/vegetable oil.

## JAR INGREDIENTS

Carbonara Sauce: olive oil, onion, garlic, carrot, mixed spices, nutritional yeast, salt, gluten free soy sauce, apple cider vinegar, coconut cream, house-made vegetable stock, cashews, cornstarch, lemon juice, butter beans.

Toasted Seeds: sunflower seeds, pumpkin seeds.

## ALLERGENS

Gluten (unless your box is gluten free), soy, tree nuts.