



# ALFREDO WITH SPICY LEMON BROCCOLINI

SERVES 2 OR 4

TIME: 25 MIN

CALORIES: 930/SERVING



This dreamy pasta comes together in under 30 minutes and goes perfectly with spicy zingy roasted broccolini. The sauce is so incredibly creamy that it's hard to believe it's plant-based.

## WHAT YOU'LL NEED

- Baking sheet
- Silicone baking mat (optional)
- Large pot
- Large pan
- Oil
- Salt
- Pepper



## OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

### WHAT'S INSIDE

2 servings

4 servings

Garlic	2 cloves	4 cloves
All-purpose flour	2 tbsp	4 tbsp
Vegan cream	1 cup	2 cups
Fettuccine/Linguine	250 g	500 g
Broccolini	1 bunch	2 bunches
Lemon	1	1
Red pepper flakes	1/2 tsp	1 tsp



Preheat your oven to 400°F. Line a baking sheet with a silicone mat or lightly grease. Bring a large pot of water to boil. Prep your ingredients: Mince the **garlic cloves**, trim the **broccolini**, and zest the **lemon** then slice it in half.



Toss the **broccolini** in 1 tbsp of **oil** (2 tbsp for 4 servings), the **red pepper flakes** (optional), and the **lemon zest**. Season with **salt** and **pepper** then spread out on baking sheet. Roast for 13-15 minutes until slightly browned and tender. Transfer to a bowl and squeeze the juice from half the **lemon** over the **broccolini** and set aside.



Add the **pasta** to the pot of boiling water and cook for about 11 minutes, until al dente. Reserve 1/4 cup of **pasta water** (1/2 cup for 4 servings) before draining.



Meanwhile, heat 2 tbsp of **oil** (4 tbsp for 4 servings) in a large pan over low heat. Add the **garlic** and cook for 1 minute, until fragrant. Raise to medium heat and add the **flour**. Cook for 1 minute, stirring consistently.



Slowly add in the **vegan cream mix**, whisking constantly to prevent lumps. Season with **salt** and **pepper**. Continue cooking over medium heat, whisking often until the sauce thickens, about 5 minutes.



Add the **cooked pasta** to the sauce and toss constantly, adding the **reserved pasta water** a little at a time, until the pasta is evenly coated. Serve alongside the **roasted broccolini**.

Nutrition Facts		Valeur nutritive	
Per Serving (399 g)			
pour 1 (399 g)			
<b>Calories 930</b>		<b>% Daily Value*</b>	
<b>Fat / Lipides</b> 36 g		<b>% valeur quotidienne*</b>	
Saturated / saturés 14 g			48 %
+ Trans / trans 0 g			70 %
<b>Carbohydrate / Glucides</b> 128 g			
Fibre / Fibres 15 g			54 %
Sugars / Sucres 11 g			11 %
<b>Protein / Protéines</b> 30 g			
<b>Cholesterol / Cholestérol</b> 0 mg			0 %
<b>Sodium</b> 180 mg			8 %
Potassium 500 mg			11 %
Calcium 300 mg			23 %
Iron / Fer 6.5 mg			36 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			