



PINK BEET PASTA WITH SHAVED SUGAR SNAP PEA SALAD

SERVES 2 OR 4
TIME: 30 MIN
CALORIES: 560/SERVING



This might be the prettiest pasta we've ever seen. This pink dish gets its hue from grated beet that's mixed with fresh lemon juice and vegan ricotta to create a bright creamy sauce. We topped it with lots of parsley and paired it with a zingy crunchy sugar snap pea salad with chopped almonds and hemp seeds for a dose of plant protein.

WHAT YOU'LL NEED

- Large pot
- Large pan
- Grater
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE 2 servings 4 servings

Beet	1	2
Lemon	1	1
Vegan ricotta sauce	1/2 cup	1 cup
Spaghetti	125 g	250 g
Sugar snap peas	2 cups	4 cups
Baby cucumber	1	2
Parsley	1/8 bunch	1/4 bunch
Nut mix	1/4 cup	1/2 cup



Bring a large pot of **water** to a boil. Prep your ingredients: peel and grate the **beet**, halve the **lemon**, thinly slice the **peas** and **cucumber** on a diagonal, finely chop the **parsley**.



Add the **spaghetti** to the boiling water and cook for 10 minutes. Meanwhile whisk the **juice of half the lemon** with 1 tbsp of **oil** (2 tbsp for 4 servings), 1/2 tsp of **salt** (1 tsp for 4 servings) and 1/4 tsp of **pepper** (1/2 tsp for 4 servings) in a medium bowl. Toss with the **peas, cucumber, half the parsley**, and **nut mix**.



Drain the **pasta**, then transfer to a pan over medium heat. Add in the **grated beet, juice of the other half of the lemon, vegan ricotta sauce**, and 1 tbsp of **oil** (2 tbsp for 4 servings), and season with **salt** and **pepper**. Toss to combine until heated through. Sprinkle with the **remaining parsley**.



Serve the **pasta** alongside the **sugar snap pea salad**, and **salt** and **pepper**.

Nutrition Facts		Valeur nutritive	
Per Serving (416 g)			
pour 1 (416 g)			
Calories 560		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 22 g			29 %
Saturated / saturés 2.5 g			13 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 73 g			
Fibre / Fibres 9 g			32 %
Sugars / Sucres 11 g			11 %
Protein / Protéines 20 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 100 mg			4 %
Potassium 750 mg			16 %
Calcium 200 mg			15 %
Iron / Fer 4.5 mg			25 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			