

# Cashew Cream and Kale Pasta

A Friendly Veg Recipe

**Serves:** 1 person! You will have leftover cashew cream. Adjust the amount of pasta as desired.

**Prep time:** 5 minutes

**Cook time:** 10 (for the pasta)

## Tools:

- A blender
- A stove (for the pasta)

## Ingredients

### *Cashew Cream*

- 1 cup raw cashews
- 3/4 cup pasta water
- 1 tsp salt
- 1 tsp white sugar
- 2 tsp lemon juice

### *Pasta*

- 2 cups kale
- 1 cup of dry pasta (about 1 fist full. I used spaghetti)

## Method

1. Salt some water in a large pot. Bring it to a boil. Cook your pasta.
2. Once the pasta is cooked (or about 5 minutes into its cooking), and before draining it, measure out 3/4 cup of the pasta water.
3. Blend cashews, pasta water, salt, white sugar, and lemon juice in a blender (ideally a high speed one). There's your cream!
4. Heat the cream sauce up in your pot or a saucepan (optional) then stir in the kale. Let it wilt a bit.
5. Add the pasta, and any remaining sauce, to your liking. You will likely have leftover sauce.
6. That's it! Top with black pepper, hot sauce, or whatever.