

Quick and Easy Creamy Avocado Pasta

Meal time: Lunch

Meal course: Main

Meal type: Vegan

Country of origin: Italy

Difficulty: Easy

Servings: 2

Total time: 15 minutes

Ingredients

2-3 tablespoons lemon juice
 Salt, to taste
 150 g whole grain pasta
 1 garlic clove, grated
 1 handful cherry tomatoes, halved
 1 tablespoon olive oil
 10 g fresh basil
 1-2 tablespoons soy sauce
 1 large avocado
 few tablespoons of water, if too thick
 2 tablespoons roasted sesame seeds (optional)
 1 thumb fresh ginger, grated (optional)

Nutrition Facts

	Amount per serving
Calories	602
Total Fat	31 g
Saturated Fat	6 g
Total Carbohydrate	70 g
Dietary Fibre	16.5 g
Total Sugars	4.5 g
Protein	17 g
Cholesterol	0 mg
Vitamin D	0 IU
Calcium	64 mg
Iron	2.75 mg
Potassium	780 mg
Sodium	200 mg

Instructions

1. Prepare pasta in hot boiling water.
2. Meanwhile, prepare the avocado sauce. Add avocado flesh to a bowl and mash by using a fork until creamy.
3. Add in 1-2 tablespoons soy sauce, 2-3 tablespoons lemon juice, 1 tablespoon olive oil, basil leaves, ginger, and garlic. Mix well with your hands. If it's too thick, add a few tablespoons of water.
4. Once pasta is cooked, drain well and transfer back to the pot. Add in avocado sauce and stir well.
5. Add in cherry tomatoes and season with a bit of salt.
6. Remove to a serving bowl and garnish with sesame seeds.

Notes: whole wheat pasta is more nutritious than regular. Do not overcook pasta, make it al dente, it will become softer when served with the sauce. The recipe is loaded with healthy fats.