

## Carbs are not all bad, choose wholegrain pasta. Basta!

### Creamy vegan pasta with mushrooms and rosemary

#### Ingredients for 3 portions à 300 g

- 4 handfull dry whole grain pasta (250g)
- 1 big onion (80g)
- 5 handfull fresh mushrooms (400g)
- 1 small packet soy or oat cuisine creme (200ml)
- 2 small or one big garlic toe (5g)
- 3 spoons fresh rosemary or parsley, chopped
- Coreander, pepper, salt, nutmeg
- 5 spoons balsamic vinegar (50ml)

#### Equipment

- Big cooking pot
- Wok OR pan
- Spoon and kitchen scale for measuring
- Sharp knife and cutting board for chopping

**Caution:** To avoid colour changes, that were associated with a reduction in the **mushrooms'** phytonutrient content, don't **store** them at room temperature but **at around 38°F/3°C** (temperature setting for your refrigerator) as soon as possible!

#### Health Benefits

Mushrooms bring **fibre, minerals** and **vegan protein** into this recipe. In ancient Greece, Rome and Aegypt, mushrooms were known as „food for the gods“ due to their various health benefits. They contain a wide range of B vitamins and minerals such as selenium and zinc and other anti oxydative substances.

**Complex carbohydrates (fibre) of the whole grain** pasta make sure that **blood sugar rises slowly** after enjoying this pasta dish . No meat, eggs or dairy products, therefor you take up **zero unhealthy fats**, instead vegetable oil provides some **essential fatty acids** your body needs! The soy cream and the mushrooms may contains small amounts of **phyto sterols** which help maintaining a **healthy blood cholesterol level**.

Nutritional value:		
	Whole dish	1 portion (300 g)
Energy (kcal)	1227	409
Carbs	189	63
Fat	21	7
Protein	51	17
Fibre	27	9

#### Instructions

First, put your pasta into the pot, cover it with water and put the lid on. Boil it as the packaging suggests, most wholegrain pasta needs about 8 to 10 minutes. There is no need to add anything to the water when boiling pasta, neither salt nor oil, plain pasta is what you need so ditch this extra fuss and keep cooking simple.

In the meantime, peel the onion, wash the mushrooms carefully in the sink and remove dry ends with a knife. Now mince the onion into very small cubes, heat the pan and roast them inside until they smell a bit caramellized and are slightly browned. Also cut the mushrooms into (~2mm) slim slices and roast them as well. Ad the spices and stir everything well.

8 minutes passed? Time to check the pasta! Just take one out, cool it well and try. If it is good, remove the water from the pot and keep the pasta aside.

When the mushrooms are soft and ready to eat, add the plant cream. While the sauce simmers, either chop the garlic into small pieces or use a garlic crusher, stir this and the balsamico into the sauce as well.

Finally, you can work in the pasta or serve it seperately. Top each plate with some rosemary.