

RECIPE



A luscious, plant-based sauce packed with earthy portobello mushrooms, vibrant spinach, and a creamy blend of almond milk and nutritional yeast. This sauce is perfect for a wholesome, delicious meal that's both comforting and nutritious.

Creamy Spinach and Portobello Pasta Sauce

Ingredients

(6 servings)

- 1 medium onion, sliced
- 1 Tbsp. ghee clarified butter or plant-based butter
- 4 thyme sprigs
- 2 cups portobello mushrooms, sliced
- 1 cup cauliflower florets, chopped
- ⅓ cup white wine
- ½ tsp. sea salt
- ¼ tsp. ground white pepper
- ½ tsp. ground nutmeg
- 1 cup almond milk
- 1 cup vegetable broth
- 2 cups fresh spinach (packed)
- 1 Tbsp. nutritional yeast
- 5oz of gluten-free pasta of your choice (serves 2 people)

Instructions

Prepare the Sauce:

Yours to Artful Eating,

Patricia Shani
C H E F



IG @Chef4usofficial
Site chef4us.com
Mail contact@chef4us.com
Cel +1 954 913 0880

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Heat the ghee in a medium pan over medium heat. Add the sliced onion and thyme sprigs. Cook for about 15 minutes, stirring occasionally, until the onion is golden and fragrant.

Add the sliced portobello mushrooms and chopped cauliflower florets. Stir well to combine and cook for 5 minutes.

Pour in the white wine and let it simmer for another 5 minutes, allowing the liquid to reduce slightly.

Add the salt, white pepper, and nutmeg. Stir well to distribute the spices evenly. Pour in the almond milk and vegetable broth, stirring gently. Let the mixture cook for 10 minutes, allowing the flavors to meld together.

Add the fresh spinach to the pan, stir briefly until it wilts, and turn off the heat. Allow the sauce to cool slightly.

Transfer all the ingredients to a blender. Add the nutritional yeast and blend until smooth and creamy. Adjust seasoning if needed.

Prepare the Pasta:

Cook the pasta according to the package instructions. Drain and return to the pan.

Add 1 cup of the blended sauce to the cooked pasta. Stir well and heat for 2 minutes on low heat to combine the flavors.

Plate the pasta and drizzle with additional sauce from the pan. Garnish with parmesan cheese or sprinkle of nutritional yeast for extra flavor.

Enjoy this rich, creamy, and nutritious pasta dish that's perfect for any occasion!

Health Benefits of This Sauce:

- **Rich in Nutrients:** Spinach and cauliflower provide essential vitamins like A, C, and K, along with minerals such as iron and calcium.
- **Dairy-Free Creaminess:** Almond milk and nutritional yeast create a creamy texture without dairy, supporting heart health and digestion.
- **Gut-Friendly:** Nutritional yeast is rich in B vitamins and contains probiotics that promote gut health.
- **Low-Calorie and Satisfying:** This sauce is nutrient-dense and low in calories, making it a great choice for a balanced meal.

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