



VEGAN CREAMY TOMATO & MUSHROOM SPAGHETTI

with Shallot, Almonds & Parsley

INGREDIENTS

2 PERSON | 4 PERSON



4 oz | 8 oz
Cremini
Mushrooms



1 | 2
Shallot



2 Cloves | 4 Cloves
Garlic



1½ oz | 3 oz
Sun-Dried
Tomatoes



¼ oz | ½ oz
Parsley



1 | 1
Lemon



6 oz | 12 oz
Spaghetti
Contains: Wheat



1 | 2
Tomato Paste



2 | 4
Veggie Stock
Concentrates



4 TBSP | 8 TBSP
Hummus
Contains: Sesame



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts



1 tsp | 1 tsp
Chili Flakes



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HELLO

HUMMUS

This chickpea dip adds garlicky creaminess to vegan sauce.



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 650



GET TOASTY

If you have an extra moment, toast the almonds in a dry pan over medium heat to amp up their flavor and crunch.

BUST OUT

- Large pot
- Strainer
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Sugar (1 tsp | 2 tsp)
- Olive oil (2 tsp | 2 tsp)

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1 PREP

- Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Trim and thinly slice **mushrooms** (skip if your mushrooms are pre-sliced!). Halve, peel, and thinly slice **shallot**. Peel and mince or grate **garlic**. Finely chop **sun-dried tomatoes**. Finely chop **parsley**. Quarter **lemon**.



4 FINISH SAUCE

- Add **garlic, sun-dried tomatoes, tomato paste**, and **1 tsp sugar** (2 tsp for 4 servings) to pan with **veggies**. Cook, stirring, until tomato paste is brick red and garlic is fragrant, 1-2 minutes.
- Stir **stock concentrates** and $\frac{1}{3}$ cup **reserved pasta cooking water** ($\frac{1}{2}$ cup for 4) into pan. (TIP: Ladle directly from pasta pot if pasta isn't finished cooking yet.) Bring to a simmer and cook until sauce has slightly reduced, 1-2 minutes.
- Reduce heat to low and stir in **hummus** and a **large drizzle of olive oil** until fully incorporated. (TIP: Add another splash of pasta cooking water if sauce seems dry.) Season with **salt** and **pepper**.



2 COOK PASTA

- Once water is boiling, add **spaghetti** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve $\frac{3}{4}$ cup **pasta cooking water** (1 cup for 4 servings), then drain.



5 FINISH PASTA

- Add **drained spaghetti** and **half the parsley** to pan with **sauce**; stir until coated. TIP: If necessary, add another splash of reserved pasta cooking water and another drizzle of olive oil until everything is coated in a glossy sauce.
- Taste and season with **salt** and **pepper** if needed.



3 START SAUCE

- While pasta cooks, heat a **drizzle of oil** in a large pan over medium-high heat. Add **mushrooms** and **shallot**; cook, stirring occasionally, until veggies are browned and slightly crispy, 6-8 minutes. Season with **salt** and **pepper**.



6 SERVE

- Divide **pasta** between bowls. Top with **almonds, remaining parsley**, and as many **chili flakes** as you like.
- Squeeze **juice from one lemon wedge** (two wedges for 4 servings) over top. Serve with **remaining lemon wedges** on the side.