

Nourishing Nutty Noodles

Ingredients

1

LeafSide Broccoli
Cashew Alfredo
Savory-Bowl

8 oz

preferred pasta (long
noodles)

1

fresh or frozen
broccoli

4 oz

fresh mushrooms
of choice

as desired

pine nuts

as desired

Plant-based
parmesan

Gather family & friends 'round the table for a big bowl of nourishing noodles full of splendiferous cruciferous broccoli! Pasta is always a favorite, and adding a few simple ingredients to our popular cashew alfredo meal allows others to join the flavorful fun. Enjoy warm conversation, while benefiting from health-promoting whole grains, veggies, and nuts. Celebrate supertime with this dreamy dish that everyone will devour!

Makes 4 Servings

PREP TIME: 20 minutes • COOK TIME: 10 minutes

♦ **Tools Needed:** stove, microwave

1. Prepare LeafSide's Broccoli Cashew Alfredo Savory-Bowl as directed, but with 2 cups of water (instead of 1.5).
2. Cook additional preferred pasta (spaghetti, linguine, or fettuccine) while the LeafSide meal steeps (shown with buckwheat & rice noodles).
3. Steam fresh or frozen broccoli & mushrooms (shown with baby bellas).
4. Combine prepared LeafSide meal and additional cooked noodles in a large serving bowl & mix.
5. Top with steamed broccoli & mushrooms, pine nuts, and plant-based parmesan as desired.

Other suggested toppings: asparagus, peas, spinach (mixed in to wilt), walnuts, cashews



**Unique Whole
Plant Foods**



Make your own plant-based parmesan in a food processor by blending 1 cup walnuts, 1/3 cup nutritional yeast, 1/2 teaspoon sea salt to your desired texture.



Have Feedback?

*Scan the QR code with
your phone camera.*

Lunch | Dinner