



## Creamy Sun Dried Tomato Pasta

4 servings

20 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 2 Garlic (clove, minced)
- 1 tbsp Arrowroot Powder
- 1 1/2 cups Organic Coconut Milk
- 1/2 cup Sun Dried Tomatoes (drained)
- 1/2 tsp Sea Salt
- 1 tbsp Lemon Juice
- 227 grams Chickpea Pasta
- 1 cup Asparagus (trimmed, cut into bite-sized pieces)
- 1/4 cup Parsley (chopped)
- 1/2 tsp Chili Flakes (optional)

### Nutrition

Amount per serving	
Calories	413
Fat	23g
Carbs	42g
Fiber	10g
Sugar	9g
Protein	17g
Cholesterol	0mg
Sodium	388mg
Potassium	466mg
Vitamin A	632IU
Vitamin C	12mg
Calcium	66mg
Iron	7mg
Vitamin D	0IU
Vitamin E	1mg
Thiamine	0.1mg

### Directions

- 1 Heat oil in a pan over low heat and add garlic. Cook for 1 minute. Add the arrowroot powder and cook for another minute. Then add the coco milk and stir to combine. Stir until the milk has thickened.
- 2 Pour the milk mixture into a blender along with the sun dried tomatoes, sea salt and lemon juice. Blend until smooth and creamy. Add more water to thin if needed. Set aside.
- 3 Meanwhile, cook the pasta according to package directions. Drain and add the pasta back to the pot.
- 4 In a pan over medium heat, add the asparagus and sauté until cooked through, about 5 to 7 minutes. Once cooked through, add the asparagus in with the pasta. Mix in the sun dried tomato sauce. Divide onto plates and top with parsley and chili flakes, if using. Serve and enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to three days. For best results, reheat on the stovetop until heated through.

**More Flavor,** Use reserved water from cooking the pasta to thin the sauce instead.

**Toppings,** Organic Parmesan Cheese or Hemp Seeds

Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	29µg
Vitamin B12	0µg
Phosphorous	46mg
Magnesium	21mg
Zinc	0mg
Selenium	1µg