

BUTTERNUT MACARONI CHEESE

INGREDIENTS

1/2 butternut squash (around 500g),
peeled and cut into small pieces
1 small onion, chopped
2 whole garlic cloves
2 tbsp light olive or rapeseed oil
300g macaroni (or similar pasta)
150g cashews, soaked overnight (or in
boiling water for 1 hour)
125ml soya milk alternative (or any
other variety)
3 tbsp nutritional yeast flakes
Squeeze of lemon juice

To serve:

40g toasted pumpkin seeds
A handful of chopped parsley

SERVINGS
4

PREP: COOK:
10-15 MIN* 25 MIN

NUTRITION

PER SERVING (1/4 RECIPE)

Energy: 691 cals (35% RI)
Fat: 30g (43% RI)
of which saturated: 5g (25% RI)
Carbohydrate: 75g (29% RI)
of which sugars: 11g (12% RI)
Fibre: 10g (33% RI)
Protein: 24g (48% RI)
Salt: 0.13g (2% RI)

RI = Reference Intake
Analysis includes pumpkin seeds

*PLUS SOAKING TIME FOR CASHEWS

METHOD

1. Preheat the oven to 200°C/ fan 180°C/ gas mark 6.
2. Place the butternut squash, onion, and garlic in a large roasting tin, toss with the olive oil and roast in oven for about 25 minutes or until soft.
3. Meanwhile, cook the pasta according to packet instructions, then drain.
4. Drain the cashews and tip them into a food processor or high-speed blender and process, adding the soya milk alternative slowly until you have a smooth consistency.
5. Add the roasted vegetables and all other ingredients (apart from the pasta), and continue to process until silky, adding a little more milk until completely smooth.
6. Toss with the hot pasta and serve topped with toasted pumpkin seeds and chopped parsley.

Low
Saturated
Fats

Plant
Rich

Rich in
Vitamin
B12

Source of
Protein

GREAT
BEFORE OR
AFTER A
WORKOUT



RECIPE GIVEN WITH
KIND PERMISSION OF
ANITA BEAN