



Recipe name:

Vegan onion crunch pasta bake

Recipe description:

The ultimate comfort food Pasta Bake, featuring a creamy carrot and coconut sauce and the fiery kick of PEPPADEW® Spicy Onion Crunch. A household favourite, perfect for any summer occasion.

Delight in the comforting warmth of this Pasta Bake, a dish that blends hearty vegetables and bold spices to create a truly unforgettable summer meal. This recipe brings together roasted carrots and creamy coconut milk to form a luscious sauce, complemented by the nutty richness of Brazil nuts, the nutritional power of hemp seeds, and PEPPADEW®'s Spicy Onion Crunch for a delightful burst of flavour and heat. Finished with a golden breadcrumb topping and baked to perfection, this dish is perfect for any summer occasion.

Prep Time

10 minutes

Cook Time

45 minutes

Serves:

4

Made with:

PEPPADEW® Spicy Onion Crunch

Course:

Lunch / Dinner

Occasion:

Vegan / Pasta / Dinner Party

Ingredients:

- 1x white onion
- 400g mushrooms
- 3tbsp PEPPADEW® Spicy Onion Crunch
- 100g tomatoes
- 4x sun-dried tomatoes
- 60g breadcrumbs
- 400g pasta
- 3tbsp dark soy sauce

Sauce:

- 8x medium carrots
- 1x garlic bulb
- 50g Brazil nuts
- 1 cup hemp seeds
- Half cup nutritional yeast
- 1x scotch bonnet
- 400ml coconut milk
- 200ml water
- 1tbsp smoked paprika
- ½tbsp oregano
- ½tbsp thyme
- Salt to taste
- ½tbsp pepper
- ½tbsp ginger powder

Method:

1. Soak Brazil nuts.
2. Slice the carrots lengths ways and place them into a tray and cover with oil, salt and pepper. Slice the top of a garlic bulb and drizzle olive oil. Place in the oven at 180°C for 15 minutes.
3. Whilst that is in the oven, slice the mushrooms and onions and place on a medium-heat hob with oil and dark soy sauce and salt until sautéed, then add two tablespoons of Spicy Onion Crunch.
4. Add all the sauce ingredients into a blender until you have a puree consistency. Add the mix to the mushrooms and onions and cook on low heat for 3-5 minutes adding the sun-dried tomatoes and fresh tomatoes.
5. Add to an oven dish, sprinkling breadcrumbs, coriander, a tablespoon of Spicy Onion Crunch, and a drizzle of olive oil, then add to the oven for 20 minutes at 180°C.