

Detox Pasta

Recipe by Adria Wu, Course Director for Natural Chef and Vegan Natural Chef

Serves 2-3

2 tbsp unflavoured coconut oil
2 sprigs of rosemary, leaves remove, finely chop
2 cloves of garlic, minced
300g raw beetroots, peeled, thinly sliced
1/2 tsp flaked sea salt

300g brown rice pasta
Water and salt

80g pumpkin seed butter
80g sun-dried tomatoes
1 can artichoke hearts, drained
100g olives

10g parsley, chopped

Equipment:

Green cutting board
Measuring spoons
Kettle
Colander
Bowls
Salt & pepper grinder
Tasting spoons
Pasta plate

1. Preheat oven to 200C. In a large pan, melt oil, rosemary and garlic for 1-2 mins. Take off the heat to prevent burning.
2. Slice beetroot and toss in half of the rosemary oil and add salt. Bake in oven for 20-25 mins until edges are golden.
3. Bring a large pot of water and salt to the boil and cook the brown rice pasta until al dente (usually takes 7 to 8 minutes but read the back of the packet).
4. While the pasta is cooking, chop sun dried tomatoes, artichokes and olives (reserving some for garnish) into bite sized chunks.
5. Re-heat remaining half of rosemary oil, stir in the pumpkin seed butter, allow it to melt, then add tomatoes, artichoke and olives.
6. Once the pasta is cooked, drain it but reserve some of the cooking liquid. Stir in 4 - 6 tbsp of the pasta water to desired consistency and add pasta. Stir until everything is nicely coated and warmed through. Add roasted beetroot. Garnish with reserved tomatoes, artichoke, olives and parsley.

GF, DF