

One Pot Pasta with Chard and Creamy Rosé Sauce



Discover the benefits of our One Pot Pasta with Chard and Creamy Rosé Sauce. A simple and flavorful recipe that beautifully blends vegetarian cuisine and creaminess. Experience the joy of indulging in a delicious and balanced meal all in one dish!

Preparation 10 min

Cooking 16 min

Servings 4

Nutrition Facts (per serving)

Calories 460

Fat 14

Carbohydrates 53

Fibre 10

Protein 24

Sodium 660

Ingredients

- 15 ml (1 tbsp) oil
- 1 French shallot, chopped
- 10 ml (2 tsp) potted minced garlic (or 2 cloves of garlic, finely chopped)
- 375 ml (1 1/2 cups) meatless meat
- 650 ml (1 jar) tomato sauce of your choice

- 250 ml (1 cup) unsweetened non-dairy milk
- 250 ml (1 cup) water
- 180 ml (¾ cup) hummus (flavour of your choice)
- 10.5 oz (300 g) spaghetti
- 1 red bell pepper, diced
- 1 L (4 cups) chopped Swiss chard

Topping (optional)

- Nutritional yeast or fresh parmesan cheese
- Fresh sage

Preparation

1. In a large saucepan over medium-high heat, brown shallots and garlic in oil for 3 minutes, stirring occasionally.
2. Add chopped meatless meat, tomato sauce, non-dairy milk, water and hummus and bring to a boil.
3. Add spaghetti, then reduce heat to simmer with lid partially on for 12 minutes until pasta is cooked or al dente. Stir occasionally during cooking.
4. After 8 minutes of cooking, add remaining ingredients and mix well. Continue cooking for 4 minutes, then remove from heat.
5. Divide into bowls and add desired topping.

Notes

Can be stored in an airtight container in the refrigerator for up to 3 days and does not freeze.



Gabrielle Simard
Culinary Creator