



VEGAN CARBONARA

Prep. time 10 minutes | Cooking time 20 minutes

A meat free carbonara that uses Smoked Chorizo vegan sausage. From the chef: *"I really enjoy veganising traditional recipes and this is no exception. I served this recipe to my non-vegan family members and they all agreed that there was absolutely no difference in flavours. They all agreed that it was rich, flavourful and creamy – just like a traditional carbonara. Because the cream sheese is rich and already has added salt to it, I didn't add salt to the sauce, but this is optional."*

Ingredients

Sauce

1 tub of Bute Island Garlic & Herb Creamy Sheese
300g Vegan Smoked Chorizo
1 cup unsweetened soya milk
1 medium-size onion
1 tbsp olive oil
Black pepper

Pasta

150g dried linguine
1 tsp olive oil
Salt to taste

Cooking Method

Begin by dicing the onion and chopping the vegan chorizo into small cubes.

Boil water at medium heat with salt and olive oil; boil the pasta for 10-12 minutes (adding olive oil when boiling allows the pasta to not stick together).

Bring a pan to a medium-size heat and pour the olive oil and lightly fry the onion until golden (approximately 5 minutes).

Add the chopped vegan chorizo and allow it to lightly fry for another 5-8 minutes.

Add the soya milk, the cream sheese and black pepper, simmer on low heat, allowing all the ingredients and flavours to combine together and form the creamy carbonara sauce.

Drain the pasta and pour it over the creamy sauce (adjust seasoning if needed).

