

## **GREEN PASTA SAUCE**

Gluten Free Dairy Free Low Chemical

Makes 4-5 cups of sauce

### **Ingredients:**

300g brussel sprouts

200g green beans, topped and tailed

1 cup raw cashews

½ cup chopped parsley

2 cloves garlic

½ tsp citric acid

1 tsp iodised salt

200ml rice bran oil

200ml prepared elimination vegetable stock (page 37 of the RPAH handbook)

300g gluten free pasta (chickpea/legume pasta in this picture)



### **Method:**

- Steam, boil or microwave the brussel sprouts and green beans until just soft (about 5 minutes steaming)
  - Set aside to cool
- Bring water to the boil to cook the pasta according to manufacturer's instructions.
- Place the cashews in a vitamiser and chop until fine
- When the vegetables are cool, combine them in a vitamiser with the cashews, parsley, garlic, salt, citric acid and the oil
- Blend together
- Add the stock gradually to achieve desired consistency
- Drain the pasta and mix through the green sauce
- Serve
  
- Use as required
  - Freeze half if you don't need it all at once
  - Add cooked chicken to the dish for dinner
  - Use the legume pasta (for extra protein) for a vegetarian dish
  - With a thicker consistency it can be used as a dip with crackers or celery