

Vegan Lemon Pasta with Poppy Seeds

Ingredients

- 1 lb. pasta (I used linguine, but other noodles should work just fine)
- ¼ cup olive oil
- 3 cloves garlic
- One large shallot
- 3 oz oyster mushrooms
- 2 tbsp. white wine
- ½ tsp. dried thyme
- 1 tbsp. all-purpose flour
- 1 cup vegetable stock
- 1 medium-sized lemon
- Salt and pepper, to taste
- 1 tbsp. poppy seeds

Steps

1. Mince the garlic, shallot and oyster mushrooms. Heat the oil in a medium sized skillet and add the garlic, shallot and mushrooms. Cook on a medium heat for around 3 minutes, allowing the flavors to blend into the oil but not allowing the vegetable to get any color.
2. Put the pasta water on to boil and continue cooking the sauce. Keep an eye on the water and when it boils make the pasta as directed by the box.
3. Raise the heat in the pan a little, and add the white wine, letting it cook for another 2 minutes or so. Next add the dried thyme and flour to the pan stir it in, keeping the flour/mushroom mixture moving for 2-3 minutes so it doesn't burn.
4. Add the water and the juice from the lemon into the pan and stir occasionally while it thickens. Add salt and pepper to your liking and continue to whisk. The sauce will start to thicken a little as it heats.
5. When the pasta has cooked completely drain the water and put the cooked pasta back in the pot. Add the cooked sauce and the poppy-seeds, stirring until the sauce and poppy-seeds are mixed evenly. Garnish with the zest of your lemon, if you like.

