

Garlic Mustard Vegan Mac and Cheese

Ingredients

- 4 cups garlic mustard leaves, lightly packed
- 1 lb. pasta (macaroni, or your choice)
- 1 ½ cups raw cashew pieces
- 1 ½ cups oat milk (or other plant-based milk)
- ¼ cup nutritional yeast
- 2 tbsp. olive oil
- 2 cloves garlic
- 1 tbsp. white miso paste
- ½ tsp. red chili flakes
- Salt and pepper, to taste

Steps

1. Wash your garlic mustard, remove all the leaves, and set aside. Pre-soften your cashews by soaking for several hours ahead of time, or quickly boiling for 10 minutes.
2. Make the pasta in your favorite method, or as directed on the box. A minute or two before draining the noodles add the garlic mustard. Cook the pasta with the garlic mustard until done and drain.
3. While the pasta cooks, add the cashews, oat milk, nutritional yeast, oil, garlic, miso, and chili flakes to a blender. Blend until perfectly smooth, scraping down the sides so it's all incorporated well.
4. Return the cooked pasta and garlic mustard to the pot you cooked it in. Add the cashew sauce to the pasta, and stir to combine. Season with salt and pepper to taste.

