



Plant Based
RECIPES

Carbonara
with
Parveggio



You will need

For the cream:

100 gr of raw cashew nuts, soaked in boiling water for at least 10 minutes

100 ml of water

Salt and black pepper to taste

1 tsp of garlic powder

1 tsp of turmeric powder

For the rest:

1 tbsp of oil

50 gr of tofu, diced

120 gr of cooked spaghetti

Parveggio for the topping



Method

- Add the cream ingredients in a high speed blender and blitz until smooth
- In a hot pan, add oil and cook the tofu cubes until golden brown, around 3 minutes
- Now add in the cooked spaghetti and pour in the cashew cream
- Cook for another minute and serve
- Sprinkle with Grated Parveggio

Recipe &
Photo credits
[@topfoodfacts](#)



SERVE



PREP TIME



We travel
around the world.
Let's discover
ITALIAN CUISINE!

*Did you make
this recipe?*



Tag @greenvie_foods on Instagram
and hashtag it #greenvie