



CREAMY GREEN LEEK  
AND PEA PASTA

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**SERVINGS**  
4 - 6



**TIME**  
25 min



**GF**



**NF**



**SF**

## INGREDIENTS

1 Tbsp (15 mL) olive oil  
 4 cloves garlic, thinly sliced  
 2 stalks green onions, thinly sliced  
 1 large leek, green tops removed, tailed, halved, washed, thinly sliced\*  
 1 jalapeño, de-seeded, minced  
 1 large head broccoli, outer fibrous layer of stem removed, chopped into small pieces, green tops cut into florets.  
 1 tsp (5 g) salt

1½ cups (225g) frozen peas  
 ⅔ cup (100g) frozen spinach  
 ½ tsp dried basil  
 ¼ tsp dried oregano  
 ¼ tsp dried mint (optional)

4 cups (400 g) fusilli pasta, or other pasta of choice (GF if desired)  
 1 cup (250 mL) plant-based cooking cream\*  
 1 Tbsp (15 mL) lemon juice (the juice from about ½ a lemon)

## Optional Garnish

Lemon wedges  
 Fresh basil leaves

## DIRECTIONS

1. Cut the stem off the head of broccoli. Cut away the fibrous outer layer of the stem. Chop the remaining stem into bite-sized pieces. The green tops of the broccoli can be cut into small bite-sized pieces.
2. To a large pot on high heat, add the olive oil, and when hot, add in the garlic, green onion, leek, jalapeño, broccoli stems, and salt. Note, the salt here helps to draw the water out of the veggies, which helps it all cook faster. Cook this for 5 minutes, or until the leeks become soft and translucent.
3. Then add the peas, spinach, basil, oregano, and mint, cooking for another 5 - 6 minutes.
4. Meanwhile, cook the pasta according to the package instructions, adding the broccoli florets in the last couple minutes. Just before draining it all, scoop out ½ cup (120 mL) cooking water from pasta and add to the veggie pan. Then drain the pasta and broccoli florets.
5. Add the cooking cream to the veggie pot, and stir to combine. You can leave this pasta sauce chunky as is, or make it smooth by blending it all up using an immersion blender or standing blender. We chose to blend about half of ours with an immersion blender, making it part-chunky and part-smooth.
6. Add the pasta and broccoli to the sauce, along with the lemon juice, and toss to coat.
7. Serve while hot, alongside some lemon wedges and garnished with fresh basil leaves.

## NOTES

- **\* Variations:** if you don't have leek, you can substitute this for 1 or 2 medium onions, finely chopped. If you don't have plant-based cooking cream, you can try using full-fat coconut milk.
- **Storage:** store in an air-tight container in the fridge for up to 3 days.