

Vegan butternut squash Pasta Sauce (creamy, cheesy)

Prep Time 10 mins

Cook Time 10 mins

Total Time 20 mins

This vegan sauce is a great way to still get the creaminess of the classic alfredo but in a lighter and vegan cheese sauce! The recipe is easy to make, dairy-free, gluten-free, and SO healthy!

Course: Lunch & Dinner, Main Course, Side Dish

Servings: [4](#) Servings

- 12 oz any pasta (340 g) (gluten-free, if desired)
- chopped herbs (for garnish)

Vegan butternut squash Sauce:

- 12 oz butternut squash
- ½ tbsp olive oil
- 2 cloves garlic chopped
- ½ cup soaked cashews (75 g) or cashew butter (or sub coconut cream)
- 2/3 cup water (160 ml)
- ½ tsp [sea salt](#) or more to taste
- 1 tbsp lemon juice (optional)

Garlic Mushrooms:

- 1 tbsp [oil](#)
- 9 oz mushrooms (250 g) sliced
- 2 cloves garlic chopped (optional)
- salt to taste

Instructions

1. Soak the cashews for at least 3-4 hours. Otherwise, you can cover them with boiling water and soak for only approx. 15 minutes to speed up the process, or simply use cashew butter.
2. Microwave butternut squash until soft, for 6-7 minutes.
3. Cook pasta according to package directions in a salted pot of water.
4. While the pasta is boiling, in a pan over medium high heat, heat the oil. Add garlic and roast for one minute.
5. Remove the garlic from the pan and add it to a blender along with the soft butternut squash, cashews, lemon juice, salt.
6. Blend it all together for 2-3 minutes, or until smooth and creamy. Add more water and seasonings until desired consistency and taste if necessary.
7. Pour the sauce into a large skillet or pan. Heat over medium heat while stirring for 2-3 minutes, or until hot and bubbly.

8. When the pasta is al dente, drain, add to the sauce and toss to combine. Cook for about 1-2 minutes until sauce sticks well to the pasta. (If the sauce gets too thick, add more water or plant based milk to thin. For more creaminess, you can also add a little coconut cream).
9. Pan-fry mushrooms in a pan with some oil for 6-8 minutes until golden browned. Add garlic and roast for one minute longer. Season with salt and pepper to taste.
10. Serve your creamy pasta with roasted mushrooms and fresh chopped herbs to garnish
11. Enjoy! 😊

Notes

- You can fill the sauce into a sealed jar and store it in the fridge if you want to serve it later. It will last for up to 5 days in the fridge, or you can freeze for even longer.
- Please make sure to store leftover sauce apart from the pasta. Otherwise it gets sticky. It's always best served with new cooked pasta.
- Read the text above for more information.