

Better Vegan Fettuccine Alfredo

Source: America's Test Kitchen "[Vegan for Everybody](#)",

Better Vegan

Category: Vegan Entrees & Sides

Prep Time: 15 min Cook time: 40 min Total Time: 55 min

Serves 4-6

Vegan / Gluten Free / Refined Sugar Free



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Recipe Link:

<https://www.betterveganrecipes.com/vegan-fettuccine-alfredo>

Ingredients:

2 cups unsweetened almond milk

1/3 cup coconut oil

3 Tbsp. white miso

Pink Himalayan salt

Black pepper

10 ounces cauliflower florets cut into 1/2-inch pieces (about 3 cups)

3/4 cup raw cashews, chopped, soaked overnight, drained and rinsed

1 pound vegan gluten-free fettuccine (I prefer brown rice fettuccine)

Pinch ground nutmeg

2 Tbsp. chopped fresh parsley

1 Tbsp. nutritional yeast + more for garnish (optional)

Instructions:

1. Prepare the ingredients.
2. Combine almond milk, oil, miso, and 1 teaspoon salt in large saucepan and bring to simmer over medium-high heat, whisking to dissolve miso. Stir in cauliflower and cashews, reduce heat to medium-low, and cook, partially covered, until cauliflower is very soft and falls apart easily when poked with fork, about 20 minutes.
3. Process cauliflower mixture and 1/2 cup water in blender until very smooth, about 2 minutes, scraping down sides as needed. Strain through fine-mesh strainer set over bowl, pressing on solids to extract as much puree as possible; discard solids.
4. Meanwhile, bring 4 quarts water to boil in large pot. Add pasta and 1 tablespoon salt and cook, stirring often, until nearly tender. Reserve 1/2 cup cooking water, then drain pasta and set aside in colander.
5. Transfer pureed cauliflower mixture to now-empty pot. Whisk in nutmeg and nutritional yeast and bring to gentle simmer over medium-low heat. Add drained pasta and cook, stirring constantly, until warmed through and sauce is slightly thickened, about 3 minutes. Adjust consistency with reserved cooking water as needed, season with salt and pepper to taste, sprinkle with parsley and nutritional yeast, and served immediately.

Notes:

The sauce will thicken as it stands for a few minutes, so the best way to serve this dish is in warmed bowls, just like regular fettuccine Alfredo. To warm the bowl, fill them with very hot water a few minutes before serving and let stand. Then just dump the water out and serve.

Adjust the consistency with reserved cooking water as needed.

I do not recommend using zucchini noodle in this recipe, as they release too much juice, which dilutes the consistency of the sauce and also changes its flavor.

Equipment needed:

Blender

Serving suggestion:

Serve on its own or toss with vegetables like steamed asparagus, peas or sautéed mushrooms.