



Whole Wheat Pasta with Hummus, Rocket and Cherry Tomato

Serves 2

Hummus, olives, curry paste ,pesto, nori seaweed... an unusual blend of international flavours come together beautifully in this healthy pasta dish. For maximum taste and health benefits, go to the recipe section of our website and learn how to make your own almond milk, hummus, curry paste and basil pesto. For a vegan version, omit the Hondashi.

Ingredients

Whole-wheat spaghetti or penne	160 g (dry)
Hummus *	100 ml
Almond milk **	120 ml
Hondashi ***	2 g
Sea salt	Pinch
Pepper, black	To taste
Cherry tomatoes, quartered	50 g
Rocket leaves	20 g
Cashews	30 g
Olives (Kalamata), chopped finely	20 g
Nori Seaweed, cut into fine strips	1/2 sheet
Massaman curry paste ****	15 g
Basil pesto *****	30g
Basil leaf	2 sprigs

* Hummus – you can make your own with the recipe (<http://www.kamalaya.com/vegetarian-cuisine-koh-samui.htm>) on our website, or to save time use a good quality prepared hummus.

** Almond milk – you can find this recipe on our website (<http://www.kamalaya.com/almond-milk.htm>).

*** Hondashi is a Japanese ingredient, which is basically a stock made from kelp and tuna flakes. Look for a MSG-free brand. If you can't find it, simply omit from the recipe.

**** Massaman curry paste – make your own healthy preservative-free version with the recipe on our website (<http://www.kamalaya.com/massaman-curry-paste.htm>). Alternatively, use a store-bought paste, but look for one that is preservative-free.

***** Basil pesto – for a healthy version, use the recipe on our website (<http://www.kamalaya.com/organic-vegan-food-thailand.htm>). You could also use a store-bought version.



Whole Wheat Pasta with Hummus, Rocket and Cherry Tomato

Method

1. Cook the pasta al' dente.
2. Next, heat a frying pan and add the almond milk and hummus, stirring until it reaches a creamy consistency.
3. Add the cashews, massaman curry paste, chopped olives, cherry tomatoes and pesto, and stir through.
4. Add the hondashi, check the flavour and season with salt and pepper if necessary.
5. Add the pasta to the sauce and stir through, adjusting with some additional almond milk if required. Do not cook for too long, as you will over-cook the pasta.
6. Remove from heat, and stir through the rocket leaves.
7. Serve into pasta bowls and garnish with chopped nori seaweed and fresh basil.

Recipes for Healthy Living

"Let food be thy medicine and medicine be thy food." Hippocrates

Simply following a healthy diet on a regular basis can significantly improve our wellbeing. Kamalaya's inspired healthy cuisine combines the ancient healing traditions of China and India with current medical research to create delicious, nutritious cuisine that supports optimal health. See more healthy recipes here: www.kamalaya.com/recipes.htm

To receive regular Kamalaya recipes and other life-enhancing content directly to your inbox, subscribe to our monthly newsletter on www.kamalaya.com/subscribe-wellness-tips