Vegan Creamy Balsamic Mushroom Fettuccine

Date : 28-07-2019

Ingredients

- 1 head cauliflower, cut into florets
- 2 1/2 cups mushrooms, chopped
- 1/4 cup almond milk
- 1 small red onion, diced
- 1 1/2 tbs balsamic vinegar
- 1 tbs olive oil
- 1 1/2 tsp salt

Method

1. In a large pan, heat the olive oil and add the diced onion

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2. Allow the onion to cook slowly on medium heat until translucent
3. Stir in the mushrooms, and 1/2 tsp salt, making sure the mushrooms are spread out in the pan
4. Once the mushrooms brown completely, mix in the balsamic vinegar, stirring well while doing so. When the mushrooms and onion caramelize, remove from heat
5. Boil the cauliflower until completely tender, then strain
6. Place the cauliflower in a food processor with the caramelized mushrooms and onion
7. Add the almond milk, 1 tsp of salt, and blend until completely smooth
8. Return the sauce to the heated pan, and toss in cooked fettuccine

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