



Hearty Meat Free ALFREDO PASTA

cooking time: 30min

Naturally CHOLESTEROL FREE

serves
2-4



Ingredients

- 125g of Fry's Polony, diced
- 1 tbsp Oil
- 1 Onion, finely chopped
- 2 cloves Garlic, minced
- 250g Mushrooms
- 250ml Orley Whip Imitation Cream
- ½ tsp Paprika
- Pinch of nutmeg
- ½ cup fresh Parsley, chopped
- Pinch of black pepper
- 1½ cups of boiled Pasta
- Vegan parmesan (optional)

Method

Fry onions in oil until soft and add garlic and mushrooms. Fry until mushrooms are brown. Add polony and stir fry for a minute. Add cream bit by bit and allow to cook for a minute. Add paprika and nutmeg and cook until cream thickens. Add black pepper and parsley and simmer for a minute.

In a large bowl, mix boiled pasta and sauce and ready to serve with a sprinkle with vegan parmesan.

"Good food and a warm kitchen are what makes a house a home."
R. Ray

