

High-Protein Mac and Cheese (Vegan)

Indulge in this vegan High Protein Mac and Cheese, a creamy, comforting dish packed with nourishing ingredients. This recipe is not only delicious but also boasts a whopping 34 g of protein per serving. Perfect for meal prep and absolutely satisfying!



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PREP TIME	COOK TIME	TOTAL TIME
15 minutes	15 minutes	30 minutes

Servings 4

Course Main Course

Cuisine American-Inspired

Keyword broccoli, carrot, cashews, Comfort Food, Dairy-Free, garlic, High Protein, lemon, lentils, Meal Prep, nutritional yeast, onions, parsley, pasta, red lentils, soy milk

Ingredients

- ½ cup dry split red lentils
- 2 yellow onion chopped in quarters
- 2 carrots peeled and chopped
- ½ cup cashews
- 14 oz dry pasta wholemeal preferred
- 2 cups soy milk
- 1½ tbsp tapioca flour
- ½ cup nutritional yeast
- 1 tsp sweet paprika
- 1 tbsp vegetable stock powder
- 2 tsp garlic granules
- 1 tbsp lemon juice
- 1 tsp white miso paste
- 1 rosemary sprig optional
- sea salt flakes to taste
- freshly cracked black pepper to taste
- 2 tbsp fresh parsley finely chopped

To Serve

- Your favorite greens, e.g., broccoli grilled or stir-fried with chili flakes to taste

Instructions

1. Rinse the lentils until the water runs clear.
2. Add the onion, carrots, cashews, and red lentils to a large pot of salted water. Bring to a boil and cook for about 15 minutes, until the carrots are fork-tender. Drain the water and set aside.
3. Cook the pasta in salted water according to the packet instructions. Reserve $\frac{1}{4}$ cup of pasta water.
4. Transfer cooked onions, carrots, cashews, and lentils to a blender with soy milk, tapioca starch, nutritional yeast, paprika, vegetable stock powder, garlic granules, lemon juice, miso paste, and a pinch of salt. Blend on high speed until perfectly smooth.
5. Transfer the sauce to a large pan (big enough to contain both the sauce and pasta), add the rosemary sprig, and cook for 5 minutes on medium to low heat, stirring regularly to thicken the sauce.
6. Add the pasta and reserved pasta water. Stir well to coat, and cook for a further 5 minutes. Remove the rosemary sprig. Adjust salt and pepper to taste, top with parsley, and enjoy!