



Green Pea Pasta Sauce

Serves: 8 / Total Time: 46 minutes

3 tablespoon (4.50 cl)
extra virgin olive oil

2 garlic cloves, peeled,
smashed

1 small (275 g) yellow onion,
peeled, cut into large chunks

½ cup (70 g) pine nuts

3 cup (465 g) frozen
sweet peas, thawed

2 cup (48.00 cl)
vegetable stock

½ lemon, juiced

¼ teaspoon red
pepper flakes

salt and pepper, to taste

1. Heat a medium stock pot over medium heat. Once hot, add olive oil and heat. Add garlic and onion and sauté for 5 to 6 minutes until onions are translucent.
2. Add pine nuts and sauté for an additional 3 to 4 minutes until pine nuts are lightly toasted. Add peas and sauté briefly, then add stock, lemon juice, and red pepper flakes. Bring to a simmer and simmer for 15 to 20 minutes.
3. Let cool slightly. Transfer the mixture from the stock pot to the Vitamix blending container and secure the lid.
4. Start the blender on its lowest speed, then quickly increase to its highest speed and blend for 45 to 60 seconds.