

Pasta Recipe for 2 servings

Serves: 2

Cooking time: 30 minutes

Ingredients

- 10 g dried sea lettuce
- 200 g spaghetti
- 3 tbsp vegan butter
- ½ tbsp olive oil
- 1 shallot
- 1 clove garlic
- 50 g plant-based cream alternative
- 10 g grated plant-based cheese
- ¼ lemon (juice)
- 2 ½ dl pasta cooking water
- Salt and freshly ground black pepper



Method

1. Put the dried sea lettuce in a small pan over low heat and toast it lightly for 2–3 minutes.
2. Take it off the heat and set aside.
3. Cook the pasta in a large pot of generously salted water until al dente. Save about 2.5 dl of the pasta water, then drain the rest.
4. Finely chop the shallot and garlic.
5. Heat the olive oil in a large pan over medium heat.
6. Slowly cook the shallot for 8–10 minutes, until it is very soft.
7. Add the garlic and cook for 1 minute.
8. Add the toasted sea lettuce and butter to the pan.
9. Season with salt and pepper, and cook 2–3 minutes until the butter smells slightly nutty.
10. Stir in the plant-based cream alternative.
11. Add the pasta along with about 1.25 dl of the saved pasta water.
12. Stir well, and add a little more water if the pasta looks too dry.
13. Serve with grated plant-based cheese and a squeeze of lemon juice on top.



Creamy pasta with roasted tomatoes and fresh spinach salad.

Tips & Variations

- Use any oil you have on hand – butter works too.
- You can replace the cream and cheese with regular milk/cream and cheese if you prefer.

Our serving suggestion

- Top with pan-fried shrimp or oven-roasted tomatoes for extra flavor and texture.
- Serve with a fresh spinach salad on the side for a crunchy, refreshing contrast.

Pasta Recipe for 4 servings

Serves: 4

Cooking time: 30 minutes

Ingredients

- 20 g dried sea lettuce
- 400 g spaghetti
- 6 tbsp vegan butter
- 1 tbsp olive oil
- 2 shallots
- 2 cloves garlic
- 100 g plant-based cream alternative
- 20 g grated plant-based cheese
- ¼ lemon (juice)
- 2 ½ dl pasta cooking water
- Salt and freshly ground black pepper



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- You can replace the cream and cheese with regular milk/cream and cheese if you prefer.

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