



Penne with Butternut Squash

Recipe Gluten-free, dairy-free (casein-free),
hypotoxic and vegan

By: Cuisine L'Angélique

PORTIONS: 6

PREPARATION: 25 MINUTES

COOKING: 20 MINUTES

INGREDIENTS

- About 340 g (3/4 lb) brown rice penne
- 17 g (2/3 cup) dried mushrooms
- 60 g (1/4 cup) water soaking dried mushrooms
- 30 ml (2 tbsp) olive oil
- 1 yellow onion, finely chopped
- 2 garlic cloves, pressed or minced
- 227 g (8 oz) brown mushrooms, sliced
- 1 red pepper, diced
- medium butternut squash, peeled and cubed (about 600 g)
- 250g (1 cup) canned coconut milk
- 60 g (1/4 cup) water
- 15 ml (1 tbsp) fresh sage, chopped
- 5 ml (1 tsp) fresh rosemary, finely chopped
- 2.5 ml (1/2 tsp) salt
- 0.5 ml (1/8 tsp) pepper
- 15 ml to 30 ml (1 to 2 tbsp) cornstarch or tapioca, diluted in the same amount of water

PREPARATION

1. Rinse dried mushrooms thoroughly in lukewarm water, then place in a bowl filled with hot water.
2. Soak for 15 minutes and drain, filtering the liquid. Finely chop the mushrooms.
3. In a large saucepan, heat olive oil and sauté dried mushrooms, onion, garlic and 60 g (1/4 cup) water over medium-low heat. Cook until the liquid has completely evaporated.
4. Add fresh mushrooms, pepper, squash, coconut milk, water, sage, rosemary, salt and pepper. Bring to a boil, cover and simmer over low heat for 15 to 20 minutes, until squash is tender.
5. Meanwhile, cook pasta and drain when cooked.
6. When the sauce is ready, increase the heat and add the cornstarch (or tapioca) by whisking constantly until thickened.
7. Mix sauce and pasta and serve.



My recipe for butternut squash penne, a pure delight for the palate!