Vegan mac 'n' greens

Serves 4

Not your average comfort food

Ingredients

- Low-calorie cooking spray
- 1 kg prepared butternut squash, cut into chip-size batons
- 100g dried buckwheat
- 1 large onion, chopped
- 3 garlic cloves, crushed
- 1/2 tsp dried sage
- 300g prepared cauliflower florets
- 500g dried macaroni
- 350g prepared small broccoli florets
- 4 tsp vegan yeast extract
- 1 tsp fresh chopped fresh basil
- 1 tbsp chopped fresh parsley

Method

1. Preheat your oven to 200C/fan 180C/gas 6.
2. Spray a large non-stick roasting tin with low-calorie cooking spray. Add the squash, season lightly and toss well. Roast for 30-35 minutes or until tender, turning halfway.
3. Meanwhile, cook the buckwheat according to the pack instructions. Drain and set aside.
4. At the same time, spray a large non-stick saucepan with low-calorie cooking spray and add the onion, garlic, sage, 2 tbsp water and a little salt and pepper. Cover and cook for 10-12 minutes or until really soft.
5. Bring another large saucepan of water to the boil. Add the cauliflower, bring back to the boil and cook for 7 minutes or until very tender. Remove with a slotted spoon and leave to drain in a colander. Add the macaroni to the same pan, and bring back to the boil and stir once to stop it sticking. Cook for 4 minutes or until the macaroni and broccoli are tender. Drain well, reserving 150ml of the cooking water.
6. Put the onion, cauliflower, vegan yeast extract, half the squash and the pasta water in a food processor, and blend to a smooth puree. Return to the pan and stir in the macaroni, broccoli and remaining squash. Divide between plates, scatter with the buckwheat and sprinkle over the herbs to serve.