



ITALIAN RECIPE



The perfect recipe to beat the heat?

COLD



PASTA!

5 must-try 100% vegan recipes for summer



MEDITERRANEAN VEGAN COLD PASTA

Pick your favourite pasta and your preferred type of tofu—smoked, basil, or herb-infused are great choices.



The recipe is incredibly simple: cook the **pasta** and, while it's boiling, cube the **tofu** and quarter the **cherry tomatoes**. Add sliced **olives** and a few fresh **basil** leaves. Mix with the pasta, season with salt, and finish off with a drizzle of raw olive oil for a stunning dish!



FUSILLI WITH VEGAN PESTO, CONFIT CHERRY TOMATOES, AND TOASTED PINE NUTS

Slice some **cherry tomatoes** in half, place them on a baking sheet, and season with **oil**, **salt**, **garlic powder**, and **mixed herbs**. Then, generously sprinkle with brown **sugar**. Dry them out in the oven at no higher than 140°C for at least an hour and a half.



Cook the **fusilli**, rinse under cold water, and toss with your favourite **vegan pesto**. Add lightly **toasted pine nuts** and the cooled **confit tomatoes**—a simple yet delicious combination!



CREAMY COLD PASTA WITH VEGAN “TUNA” AND CORN

Cook your **pasta** of choice al dente; meanwhile, tackle the “tuna”: mash a can of chickpeas roughly with a fork and mix with your favourite vegan mayo, seasoned with salt.

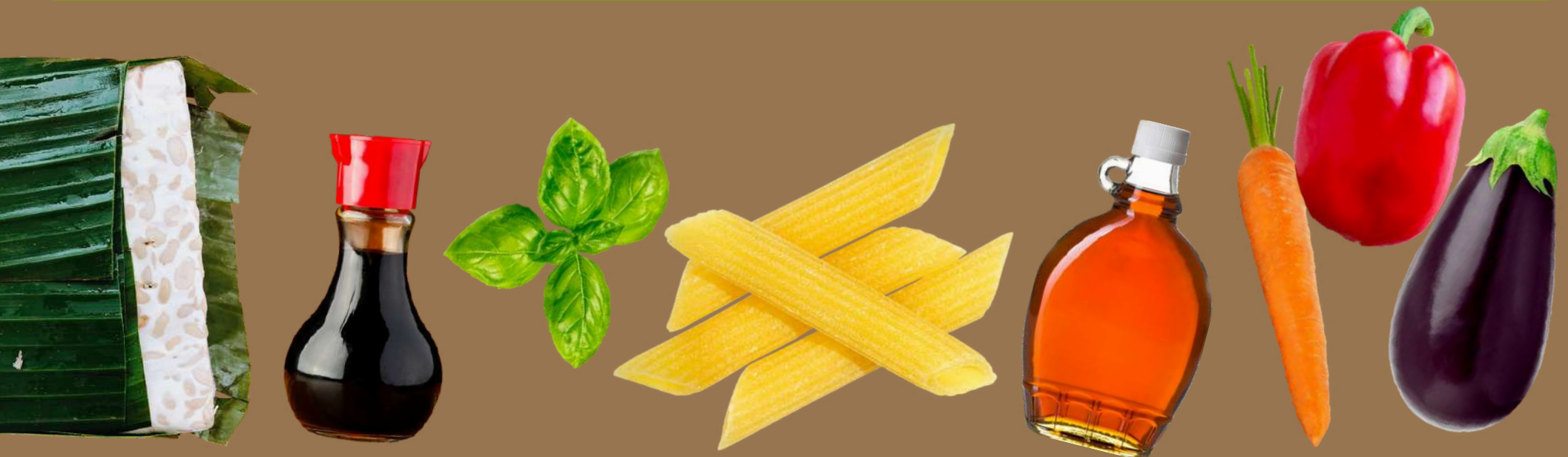


Stir in **garlic powder**, pepper, soy sauce, and the “*secret ingredient*”—a tablespoon of chopped **dried seaweed** for that authentic “*tuna*” flavour. Combine the pasta with the vegan “*tuna*” and previously sautéed **corn** in hot oil and salt for a few minutes.



PENNE WITH GRILLED VEGETABLES AND SWEET-AND-SOUR TEMPEH

Summer is synonymous with grilled vegetables, so why not make them the highlight of a delicious cold pasta dish?



Select **your favourite vegetables**, slice them thinly, grill, and then season with oil, salt, pepper, garlic powder, basil, and parsley. Cook the pasta, and while it's cooking, prepare the **tempeh**: dice it and fry it in plenty of oil until golden. Add **soy sauce**, **maple syrup**, and **vinegar**, blend and cook until the liquid evaporates.



ORECCHIETTE WITH YELLOW DATTERINI TOMATOES, VEGAN FETA, AND ROCKET PESTO



Boil the pasta. In the meantime, prepare the dressing: make the pesto with **rocket** dressing with plenty of extra virgin olive oil, **peeled almonds**, and **nutritional yeast** flakes. Adjust the seasoning with salt and add **fresh garlic** if you like, blending until it achieves a rustic consistency. Chill the pasta under running water and toss it with the rocket pesto, halved tomatoes, and cubed vegan feta, available at supermarkets or online.



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