

BetterBody Foods

Harissa Superfood Pasta with Creamy Goat Cheese

Prep: 45 min Cook: 0 min Total: 1 hr Servings: 4

Calories: 678 Fat: 32g Protein: 32g Carbs: 63g Fiber: 0g

Ingredients

- 1/4 cup pine nuts
- 12 oz. pasta
- 2 Tbsp avocado oil
- 1 onion, sliced (about 1 cup)
- 2 cloves garlic
- 10 oz. cherry tomatoes
- 3 Tbsp harissa paste
- 1 Tbsp agave syrup
- 3 Tbsp BBF Superfood Blend
- 1/2 tsp salt
- 8 oz. goat cheese
- 1 cup basil leaves, slightly chopped or torn

Directions

1. Before you get started, toast your pine nuts. Add the pine nuts to a pan over medium-low heat. Stir frequently for 5 minutes until the nuts are golden brown. Remove from the heat, transfer the pine nuts into a small bowl and set aside.
2. Bring a large pot of salted water to a boil and cook your pasta according to package directions.
3. While the pasta is cooking, add the avocado oil and onion to a pan over medium-high heat and cook for 15 minutes, stirring constantly until the onions reduce and turn golden brown. Add the garlic, cherry tomatoes, harissa, agave, superfoods, and salt to the pan. Cook, stirring frequently, for another 5 minutes until the cherries begin to burst. Use the back of your spatula to squash some tomatoes down a bit.
4. Drain the pasta, reserving about 1/2 cup of the pasta water.
5. Add the pasta to the pan and pour the pasta water into the pan as you stir and coat the pasta with the sauce.
6. Crumble the goat cheese.

7. Remove the pan from heat and stir in half of the goat cheese along with most of the basil.
8. Divide the pasta into four dishes, top with remaining goat cheese crumbles, toasted pine nuts, and basil.
9. Enjoy your Harissa Superfood Pasta with Creamy Goat Cheese!