

Fettuccine with Creamy Roasted Beet Sauce

Savannah · 28/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

1 hr 50 mins

Description

A vegetarian nightshade-free fettuccine dish with creamy roasted beet sauce

Ingredients

- - 3 beets
- cut into quarters - 1 small sweet onion
- cut into quarters - 1 head garlic
- cloves peeled - 2 tablespoons olive oil - 1 teaspoon chopped fresh thyme - $\frac{1}{4}$ teaspoon salt - $\frac{1}{4}$ teaspoon ground black pepper - $\frac{1}{2}$ cup vegetable broth - 3 tablespoons fresh lemon juice - 1 cup heavy cream - $\frac{1}{2}$ cup shredded Parmesan cheese - 1 (16 ounce) package dry fettuccine pasta - 1 tablespoon shredded Parmesan cheese
- or to taste - 1 pinch chopped fresh thyme
- or to taste

Instructions

1. Preheat the oven to 400 degrees F (200 degrees C). Combine beets
2. onion
3. and garlic cloves in a large bowl. Add olive oil
4. 1 teaspoon thyme
5. salt
6. and pepper; toss to coat. Transfer to a baking sheet. Roast in the preheated oven until cooked through and tender
7. about 1 hour. Remove from the oven and let cool until beets can be handled
8. 10 to 15 minutes. Remove and discard beet skins. Transfer mixture to a food processor. Add vegetable broth and lemon juice; pulse until smooth. Transfer to a saucepan. Stir heavy cream into beet mixture in the saucepan. Cook over medium-low heat until it begins to simmer
9. about 5 minutes. Stir in 1/2 cup Parmesan cheese until melted. Set beet sauce aside. Fill a large pot with lightly salted water and bring to a rolling boil. Cook pasta at a boil until tender yet firm to the bite
10. about 8 minutes. Drain and return to the pot. Pour beet sauce over pasta and toss until well combined. Top with 1 tablespoon Parmesan cheese and a pinch of additional thyme.