

# Creamy Butter Bean & Fennel Pasta

Serves 8

## Ingredients

### BASE

- 4 tbsp *Olive Oil*
- 2 finely sliced *Onions* (any kind you have)
- 8 oz finely sliced *Mushrooms*
- 2 finely sliced *Fennel Bulbs*
- 6 minced *Garlic Cloves* (or 3 Tbsp minced garlic)
- 2 cans *Butter Beans*
- 6 tbsp *Capers*
- 4 tsp *Miso Paste*

### SAUCE/NOODLES

- 2 *Lemon* juice & zest
- 6 cups *Vegetable Stock*
- 2 sheets *Nori* (torn into small pieces)
- 2 box gluten-free *Shell Pasta*
- 1 pinch *Sea Salt & Pepper*

### GARNISH (OPTIONAL)

- Handful finely chopped *Fresh Curly Parsley*
- *Pumpkin Seeds*
- *Sun-Dried Tomatoes*

## Instructions

### BASE

1. Place a large pan over a medium heat & add the oil followed by the ***onion, fennel & garlic.***
2. Cook for 5 minutes before adding half the ***butter beans*** & mash them with a fork/spatula in the pan. This will make the sauce creamy.
3. Add the rest of the ***beans*** plus the ***capers, miso & mushrooms.***
4. Stir and cook for approx 3 minutes.

### SAUCE/NOODLES

1. Add the ***lemon, nori & vegetable stock.***
2. Bring the ***stock*** to a simmer then stir through ***salt, pepper & pasta.***
3. Turn the heat down low & put a lid on the pan.
4. Let the ***pasta*** cook for 8 -10 minutes.
5. When the ***pasta*** is al dente, serve it up.

## **GARNISH (OPTIONAL)**

1. Stir through parsley & top with pumpkin seeds & sun dried tomatoes.

## **SERVE & ENJOY! 😊**

Recipe made by [Gaz Oakly](#) and adapted for *Feel Better Eating*

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