

Vegan Pasta with Tomato, Spinach & Garlic Oil

SofiaVegana · 11/05/2025



Prep Time

15

Difficult

Easy

Servings

2

Description

A quick and flavorful vegan pasta dish made with juicy cherry tomatoes, fresh spinach, and aromatic garlic oil. Simple ingredients, big flavor — perfect for everyday cooking with a plant-based twist.

Ingredients

- 80 g dried spaghetti or linguine (gluten-free if needed)
- 2 tbsp olive oil
- 2 garlic cloves, thinly sliced
- 200 g cherry tomatoes, halved
- 2 large handfuls of fresh spinach
- Salt & pepper to taste
- Optional: chili flakes, lemon zest, nutritional yeast

Instructions

1. 1. Cook the pasta:
2. Boil the pasta in salted water according to package instructions. Reserve ½ cup of pasta water and drain.
3. 2. Make the garlic oil:
4. In a large pan, heat the olive oil over low-medium heat.
5. Add the sliced garlic and cook gently for 1–2 minutes until fragrant (don't burn it).
6. 3. Add tomatoes & spinach:
7. Add the cherry tomatoes and sauté for 3–4 minutes until soft.
8. Toss in the spinach and cook until just wilted.
9. 4. Combine with pasta:
10. Add the cooked pasta to the pan along with a splash of pasta water.
11. Toss everything well to coat. Season with salt, pepper and optional chili flakes or lemon zest.
12. 5. Serve:
13. Plate and sprinkle with nutritional yeast if desired. Enjoy warm.
14. ? Tip: Add roasted pine nuts or vegan parmesan for an extra layer of flavor.