

# FIDEUÁ

Guest Blog by Sirica



## INGREDIENTS - Serves 8

- 2 Tbs. olive oil, divided
- 8 oz. angel hair pasta, broken into 2-inch lengths (2 cups)
- 1 medium onion, chopped (1 1/2 cups)
- 2 cups sliced wild mushroom mix (such as cremini, button or oyster mushrooms)
- 1/2 8-oz. pkg. soy chorizo chopped (1/2 sausage)
- 1 small red bell pepper, cut into chunks
- 1/4 cup chopped fresh parsley, divided
- 3 cloves garlic, minced (1 Tbs.)
- 1/2 tsp. smoked paprika (optional)
- 1 8-oz. can sodium-free tomato sauce (I used TJ's Tomato Basil Marinara)
- 2 cups mushroom broth or low-sodium vegetable broth
- 8 oz. fresh asparagus, trimmed and cut into 2-inch pieces
- Garlic Aioli – *see below*

Prep Ingredients

## Directions

Heat 1 Tbs. oil in wok, paella pan, or large skillet over medium heat. Add pasta, and cook 3 to 4 minutes, or until lightly browned and opaque, stirring constantly. Transfer pasta to paper-towel-lined plate to drain.

Add remaining 1 Tbs. oil to pan, and heat over medium heat. Add onion, and cook 3 to 4 minutes, or until soft.

Stir in mushrooms, soy chorizo, bell pepper, 2 Tbs. parsley, garlic, and smoked paprika (if using), and cook 5 to 7 minutes, or until most of the liquid has evaporated.

Stir in tomato sauce.

Add pasta, broth, and 1/2 cup water (I used rice milk instead to add a little creaminess), and season with salt and pepper, if desired. Cover, reduce heat to medium-low, and simmer 5 minutes, stirring frequently.

Add asparagus, and cover; simmer 3 minutes (I added the asparagus after simmering for 20 minutes to really thicken up the sauce and because I used gluten free pasta which takes a little longer to cook).

Preheat oven to broil. If using wok or skillet, transfer pasta mixture to 10-inch or larger round cake pan. Place paella pan or cake pan under broiler, and broil 3 to 4 minutes, or just until pasta is crisp on top. Watch carefully—it burns quickly.

To serve, top with garlic aioli (recipe below) and sprinkle with remaining 2 Tbs. parsley.

### **Garlic Aioli**

- 1/2 cup vegan mayonnaise (I like veganise)
- 3 clove garlic, minced (1 tsp.)
- 1/2 tsp. lemon juice

Enjoy with a nice glass of wine!

*Picture above courtesy of Vegetarian Times Magazine*

<http://veggiegrettie.com/2011/10/21/cooking-with-sirica-fideua/>