

# Iron rich recipe brought to you by Ferrogen iron supplements & Pheeb's Foods

APPROX

# 4.2mg

IRON PER SERVE

23.5% RDI for females  
53% RDI for males



## CHEESY CASHEW PASTA

*Serves 3*

This recipe shows you really don't need meat to create a delicious meal high in iron! By using cashews in the sauce and a pasta made from lentils you have two great sources of plant-based iron in the dish, and with the addition of tomatoes (aka vitamin C!) you increase the amount of iron that will be absorbed by the body too! All in a delicious pasta dish that everyone will enjoy!

**400g** tin tomatoes

**1 cup** raw cashews – soaked for at least 4 hours or overnight (if you forget you can also soak them in boiling water for 30 minutes or so!)

**3 tbsp** nutritional yeast

**Pinch** of chili flakes *\*optional*

**1/2 tsp** dried oregano or Italian seasoning

**3** garlic cloves crushed

**Pinch** of salt and pepper

**1 tsp** balsamic vinegar *\*optional*

**Optional** – 5-6 sundried tomatoes added into the sauce before blending

**3** servings of lentil pasta

**Food Allergy Notice:** Please be aware this recipe contains nuts. If you have a food allergy, please consider the ingredients list before preparing



**SUGGESTED TOPPINGS:**  
Fresh basil and extra nutritional yeast or parmesan cheese for serving

## METHOD

- 1** Cook the pasta according to the packet instructions or until cooked al dente

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- 2** While the pasta cooks add all other ingredients into a high powered blender and blend until smooth

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- 3** Reserve a cup of the pasta water and drain the rest away, add the sauce to the pot with the drained pasta and add a dash of the reserved water. Cook stirring until the pasta is coated in the sauce and it is warmed through

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- 4** Serve with fresh basil and extra nutritional yeast or parmesan cheese

**DID YOU KNOW** 38% of Australian women aged 19-50 are low in iron?<sup>1</sup> Ensuring your blood iron levels are in the healthy range for your body can help you to feel in your element. Ferrogen iron supplements support healthy nutritional choices via this yummy range of iron rich recipes developed in conjunction with wholefood nutritionist Phoebe Conway. When increased iron intake through diet proves inadequate, iron supplementation might be recommended by your health professional.

**Ferrogen** in collaboration with

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Reference: 1. Australian Health Survey: Usual Nutrient Intakes, 2011-12.  
Always read the label & follow the directions for use.