

RECIPE

Vegan Jerk Chick'un Pasta

By Jasmine Duke

creator of [Diary of a Mad Black Vegan](#)



Ingredients

- 1 box fettuccine pasta
- Alpha Foods vegan Chik'n Strips
- 2 tablespoons Jerk seasoning
- 1 cup cashews soaked in 2 cups boiling hot water
- 2 garlic cloves
- 2 tablespoons dried parsley
- 1 teaspoon Himalayan pink salt
- 1 teaspoon black pepper
- 1 tablespoon garlic powder
- 1 teaspoon Lawry's seasoned salt
- ¼ cup Earth balance vegan butter
- 1 cup chopped fresh cilantro

Preparation

1. Boil hot water in a pot for your fettuccine.
2. Pour soaked cashews and water in a blender, add garlic cloves, garlic powder, parsley, salt, pepper and blend.
3. Heat a skillet with 1 tablespoon olive oil.
4. Add vegan chik'n strips, sautee in the skillet.
5. Add seasonings (1 teaspoon of each): garlic powder, black pepper, dried parsley and continue to cook the vegan chick'n making sure that all the seasonings are incorporated.
6. Add 1 tablespoon of jerk seasoning to the skillet of vegan chick'n and continue to sautee and cook.

7. Add sauce to the skillet of seasoned vegan chick'n and stir.
 8. Add ¼ cup vegan butter to the jerk chick'n sauce.
 9. Add another ½ or 1 tablespoon of jerk seasoning to the sauce (depending on how spicy you would like the sauce to be).
 10. Add fresh cilantro to the sauce and mix to incorporate.
 11. Plate it with your fettuccine pasta at the bottom and add the sauce on top.
 12. Garnish with more fresh cilantro and enjoy!
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Jasmine Duke is from Prince George's County, MD and has been vegan for 3 years. With a passion for veganizing her favorite foods, Jasmine incorporates her Guyanese culture and African-American culture into her vegan cooking by creating what she calls "Carib-Soul fusion vegan meals. She started Diary of A Mad Black Vegan 2 years ago as a way to educate the black community on ways in which to adopt a more plant based diet and transition to a healthy vegan lifestyle. As a food activist, Jasmine is passionate about educating others on animal rights, environmental impact and the systemic/systematic racism and oppression in the food industry. She can always be seen dancing with a good plate of vegan food or a fresh fruit smoothie on her social media. It's important to her that the world sees how amazing fun and bomb a vegan lifestyle is!