

Ashley's Meal Prep Monday!

Gluten Free Fettuchini Noodles



INGREDIENTS

2 cups gluten free flour
5-ish eggs
salt



Clean off your counter top then plop down the flour and make an egg volcano, (basically, a hole in the middle of the flour, with the eggs and a little salt inside. We ended up using 5 eggs and an extra egg yoke because the dough was a bit crumbly. Using a fork, scramble the eggs inside while also pulling in the flour at the same time. This will make a sticky pasta dough. Knead for 5-ish minutes before forming a ball with the dough.

Cut into four chunks and place three of them in cling wrap. Flatten out the dough a bit and start running it through the pasta machine on the widest setting, add flour if it's a little sticky. Continue doing this, folding the dough into thirds as it comes out - while also changing the setting on the machine so it isn't as wide before running it through the fettuchini setting. You can also opt to roll the dough out using a rolling pin and a pizza slicer to cut it. Take the noodles and make a wonky nest on the counter and toss with a little more flour. Continue this method until you've used all of the dough. Add to boiling water for 2-3 minutes and enjoy with your favorite sauce! We did a dairy free alfredo sauce made with cashews!

It's a tedious process, but it IS fun and worth it!

CARTWRIGHT'S
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