

ZUCCHINI SPAGHETTI

BEST FOR

Morning Detox Drink

Lunch

Dinner

Breakfast

Mid-Meal

An Occasional Treat

One of my favorite things to create in the kitchen are zucchini noodles. Using raw vegetables in place of conventional cooked pasta opens is a great way to eat more vegetables. Since this dish is raw, it loaded with nutrients and living enzymes. Serve with a fresh green salad for a satisfying meal that almost anyone will love.

INGREDIENTS

SERVES 3 (If served with a soup)

Spaghetti Sauce (makes 400 ml)

- 1½ cup cherry tomatoes
- 6 dates, seedless
- 1½ tablespoon oregano
- 3 tablespoons fresh basil leaves or 1 teaspoon dry basil
- 1½ tablespoon lemon juice
- 2 teaspoons rock salt

Zucchini Noodles

- 3 medium zucchinis

Topping

- 1 tablespoon crushed cashews
- 1 tablespoon thinly sliced
- sundried tomatoes
- 8 cherry tomatoes, cut into halves
- ¼ cup basil leaves

METHOD

1. To make the spaghetti sauce, place all the sauce ingredients in a blender and blend until well combined.
2. To make the zucchini noodles, use a vegetable spiraliser (See page 24) and make spaghetti-style noodles.
3. Right before serving, stir the spaghetti sauce through the zucchini noodles. Do not combine the sauce and zucchini too much in advance or the zucchini will release water.
4. Top with cashews, sundried tomatoes, cherry tomatoes and basil. Serve.