

Creamy Kale & Zucchini Pasta

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 25 minutes

Chef's Notes

While the zucchini noodles are delicious (and fun to eat), the kale and sauce can also be served with your favorite pasta or grain. The kale also makes for a nutritious and flavorful side dish.

Step 1: Preparing the Zucchini Pasta

- 2 to 4 zucchini squash (4 cups)

For the best zucchini pasta, a spiralizer machine works well. Following the directions on your machine, spin the zucchini to create beautiful long zucchini noodles.

Alternatively, use a julienne peeler. If you don't have a julienne peeler, simply cut strips of zucchini using a mandolin on the thinnest setting, or slice strips lengthwise with a vegetable peeler.

Then, stack the zucchini ribbons on top of one another and cut into julienne strips, resembling spaghetti noodles.

Once done, set aside.

Step 2: Preparing the Sauce

- 2 tbsp tahini
- 2 tsp miso
- 1 tbsp Bragg Liquid Aminos
- 1 tbsp fresh lemon juice

To prepare the sauce, mix together the tahini, miso, Bragg's and lemon juice.

Step 3: Cooking the Kale

- 1 bunch kale, approx 4 cups
- 1 onion
- 2 cloves garlic
- sea salt, to taste

To start the kale, wash and tear into bite-sized pieces. Next dice the onion and mince the garlic.

Heat a large fry pan over medium-low heat and steam fry the onions. This just means to add a tablespoon or so of water and then cover with a lid. Alternatively, you can use a bit of oil to fry the onions.

To help the onions caramelize nicely, you can add a pinch of salt and a teaspoon or so of date paste (search Rouxbe for recipe) or add another type of sweetener.

Once the onions are soft and browned, add the garlic, followed by the kale. Cover with a lid and let cook for 2 or 3 minutes, or until the kale just starts to wilt. Remove the lid and add the zucchini noodles and sauce. Then, turn off the heat and cover again for one minute. Toss, taste for seasoning and serve immediately.