

Zucchini Noodles with Basil Pesto



Time:

30

Serves:

2-3

Difficulty:

one

Introduction Content:

Zucchini noodles, a fresh and healthy change up from pasta. Otherwise, known as “zoodles” you can make these using a spiraliser or peeler. Recipe / Lee Holmes from Supercharged Foods Photography / Kate Duncan

Recipe Ingredients:

Zucchini Noodles

- 4 zucchinis
- Pinch sea salt
- 1 tablespoon lemon juice
- 2 garlic cloves, sliced
- 1 tablespoon [organic extra-virgin olive oil](#)

Basil Pesto (*makes 1 cup*)

- 1 cup [raw cashews](#)
- 2 cloves garlic
- 2 cups packed basil leaves
- $\frac{1}{3}$ cup [organic extra-virgin olive oil](#)
- 1 tablespoon lemon juice
- 2 tablespoon [nutritional yeast flakes](#)
- $\frac{1}{4}$ teaspoon [Celtic sea salt](#)