



Recipe Details

Recipe Name - Pappardelle with Alfredo Sauce

Recipe Steps -

Ingredients

- 4 to 6 small to medium zucchini, slice on a mandolin and cut to the size of pappardelle you desire or cut with a peeler to the desired size
- Salt or lemon juice to soften cut zucchini
- 1/2 cup zucchini milk - instructions below on how to make the milk
- 1/2 cup Raw cashews (use 1/2 cup sunflower seeds if you do not want to use cashews)
- 1/4 cup Raw pine nuts
- 1/4 cup hemp hearts
- 1/4 cup Nutritional Yeast (optional, great without, it all depends on your taste; make it without, taste, and add it if you want the sauce more “cheesy”)
- 1 large or 1 1/2 small lemon(s), juiced
- 2 cloves raw garlic peeled
- 1 teaspoon tamari (sub sea salt if you are not salt-free)
- 1/2 teaspoon black pepper
- 1 Tbsp miso paste
- 1/2 tsp garlic powder
- 1/2 small shallot
- Pine nuts and parsley (optional for the top)

Instructions

1. Cut zucchini as instructed above
2. Place cut zucchini in a bowl, either toss with lemon juice or toss with a bit of salt, and let sit on the counter while you make the sauce
3. Peel 1 or 2 small zucchini, place in a high-speed blender, and blend until milky
4. Either place blended zucchini in a milk bag and squeeze the juice into a container or place the blended zucchini in a fine colander and press out the “milk”
5. Place zucchini milk, cashews, pine nuts, hemp hearts, lemon juice, garlic, tamari, pepper, miso, garlic powder, and nutritional yeast (if using) in a high-speed blender, and blend until smooth and creamy
6. Ring out the zucchini that was resting on the counter, and place in a dry bowl, toss with the desired amount of Alfredo Sauce
7. Place pappardelle on a plate, sprinkle with pine nuts and fresh parsley 8. Enjoy!

Note: If using lemon instead of salt to soften zucchini, you will taste the lemon; you can rinse the zucchini if you wish to remove the lemon taste.

