

Mark's Kitchen

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Zucchini "Pasta" with Green Harissa Sauce

Ready in: 35 minutes

Serves: 4 to 6

This week we are featuring a recipe from my friend and colleague, [Dr. Susan Blum](#). This delicious zucchini pasta with green harissa sauce packs a lot of flavor, is vegan and Paleo friendly.

For the Green Harissa Sauce:

- 1 packed cup flat leaf parsley leaves
- 1/2 cup cilantro leaves
- 1/4 cup mint leaves
- 2 medium cloves garlic
- Juice from half a lemon
- 1 teaspoon ground cumin
- 1/3 cup extra-virgin olive oil
- 1/2 teaspoon sea salt
- Freshly ground black pepper

For the Zucchini "Pasta":

- 2 tablespoons extra-virgin olive oil
- 3 scallions, trimmed and thinly sliced
- 1 cup fresh or defrosted frozen baby peas
- 3 cups shaved or "spiralized" zucchini (If you don't own a spiralizer, you can use a vegetable peeler and peel long, thin strips of zucchini)
- 2 cups baby spinach, stems trimmed
- Sea salt and black pepper, freshly ground

Step 1: To make the sauce:

Place all ingredients except the olive oil into a blender and blend until smooth.

Step 2: While the blender is running, slowly add the oil until incorporated.

Step 3: Stir in the salt and pepper to taste and set aside.

Step 4: To make the pasta:

Heat the olive oil in a large skillet over medium heat until shimmering, about 3 minutes.

Step 5: Add the scallions and peas and sauté for about 3 minutes. (If peas are frozen, add an additional minute.)

Step 6: Stir in the zucchini and spinach and cook for another 5 minutes.

Step 7: Add the salt and pepper, to taste.

Step 8: Add the Green Harissa Sauce and stir well to mix the sauce throughout the vegetables.

Nutrition per Serving: calories 220, fat 20g, sodium 190mg, carbohydrate 9g, protein: 5g, fiber 3g, sugar 2g