



Zucchini Pasta with Avocado Cream Sauce

Ingredients

- 4 small (or 2 large) zucchini, spiralized with SpiraleZ
- 1 avocado
- 1/2 cucumber, spiralized with SpiraleZ
- juice of 1/2 a lemon
- 1 clove garlic
- 2 tablespoons almond or coconut milk
- about 8 leaves of basil
- salt & pepper
- halved cherry tomatoes & basil leaves for garnish

Step

1. Place zucchini spirals in a large bowl.
2. In a food processor, combine the remaining ingredients and process until smooth.
3. Toss the zucchini with the avocado sauce until fully coated.
4. Garnish with cherry tomatoes and basil leaves, season with more salt & pepper to taste.



翠玉瓜意粉配牛油果醬

材料

- 翠玉瓜 --- 2 個；刨成絲
- 牛油果 --- 1 個
- 青瓜 --- 1/2 個；刨成絲
- 檸檬 --- 1/2 個 (搥汁)
- 蒜 --- 1 瓣
- 杏仁奶 --- 2 湯匙 (或用橄欖油代替)
- 羅勒葉 --- 約 8 片
- 鹽 --- 適量
- 黑椒 --- 適量
- 車厘茄 --- 數粒 (切半，作裝飾)
- 羅勒葉 --- 數片 (作裝飾)

做法:

1. 將刨成幼絲的翠玉瓜放於大碗中。
2. 用攪拌機將其餘的配料，攪拌成細滑的牛油果醬汁。
3. 翠綠瓜絲與牛油果醬汁拌勻。
4. 最後加上裝飾即成。灑上適量鹽或黑椒，味道更佳。