

Carrot Zucchini Pasta with Adzuki Bean Balls & Leek & Lemon Sauce

Serves 4

Ingredients

Pasta

220g gluten free Spaghetti
2 small zucchini
2 medium carrots
Basil leaves for garnish

Lemon and Leek Sauce

1 leek roughly chopped and sautéed
¼ cup lemon juice
½ cup sunflower seeds
½ cup cashew nuts
2 cloves of garlic sautéed with the leek
Salt and pepper to taste
2 cups boiling hot water (maybe more)

Adzuki Bean Balls

440g cooked adzuki beans
40g pecan nuts
40g Kalamata olives
1 tsp dried oregano
1 tsp dried basil
1 tsp thyme
¼ cup finely cut onion
2 cloves of garlic
1 splash of olive oil
Salt and pepper to taste

Preparation

Soak cashew nuts and sunflower seeds for the sauce for 6 hours

Method

1. Spiralize the zucchini and carrot for the pasta and set aside.
2. To make the adzuki bean balls, preheat the oven to 220°C.
3. Sauté the onions and garlic with the dried herbs in a little bit of olive oil and set aside.
4. Process the pecan nuts in a food processor until they are roughly chopped, add the adzuki beans, olives, the sautéed onions and garlic into the food processor and process until it is evenly combined, try to not process too much so the texture doesn't end up too dough like.
5. Form the mixture into balls that are roughly 3cm in diameter, make sure they are all the same size so all of them cook evenly and place them onto a baking tray with baking paper. Put in the oven for about 12 minutes and then turn the balls and return the tray to the oven for another 10 minutes.
6. While the bean balls are in the oven, cook the pasta according to the instructions on the packet. Sauté the zucchini and carrot noodles until they soften a little bit.
7. For the leek sauce place all of the ingredients except the water in a blender and blend while gradually adding the water until you have a creamy consistency.
8. When the pasta, zucchini and carrots are cooked, mix them up carefully, place some sauce on the plate and top with the pasta, add some more sauce on top of the pasta and top with the adzuki bean balls, drizzle some sauce over the whole dish and garnish with fresh basil.



veet's
Vegan

COOKING SCHOOL

Veet's Vegan Cooking School | www.veets.com.au | © Copyright