

ASIAN GARLIC ZOODLES



Serves 4 | Prep Time: 10-15 Minutes | Cook Time: 30-35 Minutes



DIRECTIONS

1. Preheat oven to 450 degrees.
2. Cut the spaghetti squash lengthwise, take a spoon and scoop out the seeds in the inside. Lay face up on baking sheet, brush on olive oil salt and pepper. Place in oven for 25-30 minutes.
3. Puree ingredients for sauce in blender.
4. Combine all ingredients when finished.

*You could add shrimp or chicken for added protein

INGREDIENTS

- 1 large cooked spaghetti squash
- 1/2 medium zucchini- cut in thin strips
- 1/2 large carrot- cut in thin strips
- 1 small red bell pepper- minced
- 1/2 cup fresh cilantro- diced
- 1/4 cup roasted cashews or peanuts- chopped

Sauce:

- 2/3 cup coconut aminos
- 1/4 cup full fat coconut milk
- 2 tablespoons fresh grated ginger or powder
- 2 tablespoons red curry paste
- 2 tablespoons fish sauce
- 6 medium/large garlic cloves smaller cloves for less spicy
- 6 large dates- pitted

notes
