



RAW VEGAN ZUCCHINI RIBBONS SALAD WITH ASPARAGUS SPEARS, HEIRLOOM TOMATOES AND TOASTED HAZELNUTS

INGREDIENTS

Salad Ingredients:

- 2 - small sized org zucchinis (green and yellow)
- 6 - org asparagus spears
- ½ cup (75 g) - org heirloom tomatoes (small)
- ¼ cup (25 g) - raw org hazelnuts

Nutmeg Salad Dressing Ingredients:

- 2 tbsp - Coconut aminos
- 2 - cloves org garlic
- ¼ cup (60 ml) - oat mylk (or other plant-based mylk)
- 1 tbsp - org lemon juice (not from concentrate) or ½ freshly squeezed lemon
- ½ tbsp - org raw date sugar
- ¼ tsp - nutmeg

PREP TIME: 5 MINS

COOK TIME: 30 MINS

TOTAL TIME: 35 MINS

SERVES: 2

VEGAN

GLUTEN-FREE

REFINED SUGAR-FREE

OIL-FREE

DIRECTIONS

Dressing and Zucchini Marinade Prep:

Step 1

Add ALL nutmeg salad ingredients in a blender and blitz until the dressing turns creamy and smooth.

Step 2

Use a clean potato peeler or a mandoline and slice both zucchini into thin strips. Add to a glass bowl.

Mix in half of the salad dressing and lightly stir the zucchini strips. Refrigerate, and leave to marinate for up 30 minutes (stir the zucchini after 10 minutes of marinating).

Also, refrigerate the remaining salad dressing.

Salad Prep and Serving:

Step 1

Set your oven on broil (high).

Wash and trim ends of the asparagus spears, and place on a baking tray (w/ baking sheet preferred).

Broil asparagus spears up to 7 min max until they're slightly tender.

Set aside.

Step 2

In a non-stick skillet (no oil) toast the raw hazelnuts at medium heat for approx 5 min. until they turn golden brown. Set aside.

Step 4

Remove marinated zucchini from the fridge, drain and discard the marinara sauce.

The salad is ready to plate.

Plate half of the marinated raw zucchini ribbons, with half of the broiled asparagus spears, cut heirloom tomatoes in small round slices, and top with some crushed toasted hazelnuts.

Drizzle more of the nutmeg dressing on top of the salad.

Enjoy!

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