

Lemon Zucchini Noodles

with Cashew Cream & Crispy Artichoke Hearts

DINNER

BlenderSquashNutsLemonFruitCashewsBeans/LegumesDinnerItalianHigh-ProteinGluten-Free<600 CaloriesQuick and EasyChef's Choice

SERVINGS

2

PREP & COOK TIME

30 min

CALORIES

450

FAT

25g

CARBOHYDRATES

37g

PROTEIN

23g

MAIN INGREDIENTS

1. ½ cup cashews
2. 13.75 oz artichoke hearts
3. 2 zucchini
4. 1 lemon
5. 1 garlic clove
6. 2 tsp white miso paste
7. 1 tbsp nutritional yeast
8. 1 tbsp hemp seeds
9. ¼ cup pumpkin seeds
10. ½ tsp red chile flakes
11. 1 tbsp olive oil*
12. Salt*
13. *Not included
14. For full ingredient list, see Nutrition

Allergens: soy, tree nut (cashew)

[Nutrition](#)

TOOLS

- Blender
- Large nonstick skillet
- Microplane

INSTRUCTIONS

1

Soak the cashews

Add the cashews and $\frac{1}{2}$ cup hot water to a small bowl, and let nuts soak for at least 10 minutes. Drain artichoke hearts and pat dry with a clean kitchen towel.

2

Crisp the artichokes

Heat 1 tbsp olive oil in a large nonstick skillet over medium heat. Add artichoke hearts and cook until crispy in places, 5 to 8 minutes. Transfer the crispy artichoke hearts to a plate and sprinkle with salt.

3

Make the zoodles

Trim the zucchini and slice lengthwise into $\frac{1}{4}$ inch thick planks. Stack the planks and cut into thin strips to make noodles.

4

Make the cashew cream

Zest and halve the lemon, juice one half, and cut the other half into wedges. Peel the garlic. Add cashews and their soaking water, lemon juice, peeled garlic, white miso paste, nutritional yeast, and a pinch of salt and pepper to a blender. Blend the cashew cream on high until smooth.

5

Cook the zoodles

Return the skillet to medium-high heat and add the zucchini noodles. Sprinkle with salt and pepper and cook, tossing occasionally, until tender, 1 to 2 minutes.

6

Serve

Divide the zucchini noodles between serving bowls. Pour cashew cream over the zucchini noodles and top with crispy artichoke hearts. Sprinkle with lemon zest, hemp seeds, pumpkin seeds, and as much of the red chile flakes as you'd like. Serve with lemon wedges. Dig in! (NOTE: I warmed the pumpkin seeds in dry pan, yum!)