

Glowing Green "Pasta" Primavera

Vegan, gluten-free, grain-free, nut-free, refined sugar-free, soy-free

By Angela Liddon

This is my take on a lightened-up version of pasta primavera - a spring vegetable pasta dish. Rather than using pasta, I opted for fresh carrot pasta which is simply carrots that are julienned into very thin strand-like noodles. This is the [julienne peeler](#) that I use. The vegetables are coated with a decadent, but nut- and dairy-free sun-dried tomato hemp pesto and it transforms this dish into something decadent and special.

Yield 2 servings	Prep Time 20 Minutes	Cook time 20 Minutes
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Ingredients:

FOR THE PRIMAVERA:

- 2-3 large carrots, peeled and julienned
- 1/2 tablespoon coconut oil or extra virgin olive oil
- 1 leek, thinly sliced into rounds and rinsed off
- 3 garlic cloves, minced
- 1 bunch asparagus, ends broken off and chopped into 1-inch pieces
- 1 cup fresh or frozen peas.

SUN-DRIED TOMATO BASIL-HEMP PESTO:

- 1 small clove garlic
- 3/4 cup fresh basil leaves
- 1/4 cup oil-packed sun-dried tomatoes
- 1/4 cup hulled hemp seeds
- 1 tablespoon fresh lemon juice
- 2 tablespoons extra virgin olive oil
- 1 tablespoon water
- Scant 1/4 teaspoon fine-grain sea salt or pink Himalayan sea salt, or to taste

Directions:

1. With a [julienne peeler](#), peel the carrots into thin, spaghetti-like strands. Cover with a damp tea towel or damp paper towel to avoid it drying out.
2. Add oil to a large skillet or wok, and preheat over medium. Add sliced leek and garlic and saute for 3-4 minutes, until soft and translucent. Add a couple pinches of salt and several grounds of pepper.
3. Add the asparagus to the skillet and saute for around 8 minutes more, until tender. Increase heat if necessary. Finally, stir in the peas and cook until heated throughout.
4. Meanwhile, make the pesto. Add the garlic into a food processor and process until minced. Now add in the basil and sun-dried tomatoes and process again until smooth. Finally, add the rest of the ingredients and process again until combined and smooth.
5. Stir all the pesto into the vegetable skillet mixture and cook until heated throughout. Season to taste.
6. Serve the vegetable pesto mixture on top of the carrot pasta.

Note: If you'd like to add more protein to this dish, I recommend French green lentils. Edamame would work

nicely too.