



# Zucchini Spaghetti With Curry Pumpkin Sauce

Serves 1

A nutrient dense pasta-free spaghetti (the zucchini is the ‘spaghetti’) with a pumpkin based sauce. This dish is full of vitamins, minerals and anti-oxidants to keep you healthy. Rich in fibre, vitamins A, C, the B group vitamins and carotenoids; and minerals: iron, magnesium, manganese, copper, zinc, phosphorus and potassium. These nutrients are immune boosting and anti-inflammatory and will help to protect you from colon cancer, heart disease, high cholesterol and high blood pressure. It’s also great for controlling blood sugar levels and promoting healthy digestion.

## Ingredients

Zucchini

Pumpkin, peeled

\*Young coconut water & meat

Celery

Curry powder

\*\*Paneng curry paste

Raisins

Small cauliflower rosettes, blanched

Garlic, finely chopped

Shallot, finely chopped

Mint (fresh), chopped

Lime juice

Sea salt

Pepper black

\*You can use vegetable stock if coconut water is not available. You could also use a combination of the two.

\*\*To make your own detox-style Paneng Curry Paste, look for the recipe in the Extras section at [www.kamalaya.com/recipes](http://www.kamalaya.com/recipes)

## Method

1. Use a mandolin to cut the zucchini into strips for the ‘spaghetti’ (not too fine). Cut the pumpkin into thin slices.

2. Sauté the pumpkin in a little coconut water for about 30 seconds, then add the curry powder and paneng curry paste along with the rest of the coconut water (or stock) and simmer until the pumpkin is cooked through (about 5 minutes).



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3. Remove from heat, allow to cool slightly and then blend for 40 seconds on a medium speed. Season with salt, pepper and the lime juice.
4. To prepare the zucchini, heat a little water or vegetable stock in a frying pan and sauté the garlic and shallot until it is simmering, then add the zucchini strips (add a little more water or stock if necessary). When the zucchini is cooked al dente, add the pumpkin sauce and the blanched cauliflower, stir through. Finally, add the raisins and mint, stir through and remove from heat.
5. Serve garnished with a little extra mint.

## *Recipes for Healthy Living*

*"Let food be thy medicine and medicine be thy food." Hippocrates*

Simply following a healthy diet on a regular basis can significantly improve our wellbeing. Kamalaya's inspired healthy cuisine combines the ancient healing traditions of China and India with current medical research to create delicious, nutritious cuisine that supports optimal health. See more healthy recipes here: [www.kamalaya.com/recipes.htm](http://www.kamalaya.com/recipes.htm)

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