



## Zucchini noodles with asparagus and basil

### what you need

- 1 zucchini
- 8 white asparagus
- 10 fresh basil leaves
- 8 cauliflower pieces
- 1 handful of almonds, roughly chopped
- 4 tbsp sunflower oil
- 2 tbsp peeled hempseed
- 4 tbsp sunflower seeds
- pepper and salt to taste

And also : a spiralizer, a large heat-resistant bowl and herb scissors

### what you do

Peel the asparagus and cut them into small disks. Save the tips for later! Cut the zucchini into noodles using a spiralizer. I use the smallest knife on my spiralizer, and cut the noodles every 15 cm. That way they are easier to twirl onto a fork. Cut the almonds in rough pieces. Heat two tablespoons of sunflower oil in a pan and bake the asparagus first for about a minute. Then add the zucchini noodles bit by bit. It may look like a mountain of noodles, but they will shrink quite a lot with the heat. Cut the basil very finely. Use herb scissors if you have them. Sprinkle the basil onto the noodles. When the vegetables are done, transfer them to your heat-resistant bowl, sprinkle with the hempseed.

Put the pan back on the heat and fry the pieces of cauliflower and the asparagus tips. After five minutes, add the sunflower seeds and the almonds. Turn off the heat and let them fry with the cauliflower and asparagus tips for about five minutes. Watch them carefully and stir every minute or so so they don't burn.

Time to plate your dish! *Smakelijk!*

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