

Carrot Pasta With a Creamy Zesty Garlic Sauce

Recipe By *Chris Anca*



Cooking and Prep:  15
m

Serves:  1

Contains: 

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Vegan,
Pescetarian, Gluten Free, Low
Carb

This is such a perfect light meal, be it for lunch or dinner. And it packs so much flavor. The carrots are very crunchy, of course, and they pair so nice with the creamy and zesty tahini garlic sauce. Throw in a handful of fresh herbs as well, such as parsley, basil or coriander or whatever you wish, some sesame seeds and pine nuts too, mix it all up and be dazzled. It's so simple to make (15 minutes beginning to end), yet so full of deliciousness.

Ingredients (10)

Noodles

1 big carrot, made into noodles (you can use a veggie noodle/pasta machine or a julienne peeler)

Sauce

1 full tablespoon unhulled tahini (or the regular tahini if you want)

1 tablespoon good walnut oil (or good olive oil)

- 3 tablespoons fresh lemon juice
 - 1 teaspoon tamari
 - 1 teaspoon grated ginger
 - 1 small garlic clove, grated
-

To Top

- handful of parsley (chopped)
 - sesame seeds
 - pine nuts
-

Start Cooking

Prepare the Pasta and Sauce

1. Mix all the ingredients for the sauce until you get them all combined.
2. Cut your carrot into noodles.
3. Pour sauce over the carrots and gently mix them by hand to coat.
4. Top with parsley, sesame and pine nuts and serve fresh.
5. Keeps well in the fridge overnight.

About

This recipe originally appeared on [TalesofaKitchen.com](https://www.talesofakitchen.com), reprinted with permission.