

# Grilled Zucchini Chickpea Pasta With Lemon Garlic Tahini Sauce

Grilled zucchini and stir fried broccoli with high fibre and high protein chickpea pasta. Raw lemon garlic tahini sauce added at the end.

## Categories

Gluten-free

Yields: 4 servings

Preparation time: 20 mins

Cooking time: 40 mins

Category: Entrees

Complexity: Moderate

Vegan experience: Some experience

Preparation style: Cooked



## Ingredients

Zucchini, raw	3 medium
Broccoli, raw	1 bunch
Tahini (sesame butter)	0.5 cup
Garlic, fresh	3 clove
Lemon, fresh	1 large - 2 3/8" diameter
Water	0.25 cup
Dill weed, fresh	1 cup
Salt, sea salt	1 teaspoon
Maple syrup	1 teaspoon
Gluten free pasta, chickpea, cooked in salted water	2.5 cup
Olive oil	1 tablespoon
Coriander (cilantro, leaves, raw)	0.5 cup
Black pepper, ground	1 dash

## Instructions

1. Slice zucchini lengthwise, then cut each halve in half to create four pieces per zucchini Transfer to a large mixing bowl and coat with olive oil, salt, and pepper if you wish. You may also add any other dried spices you like.
2. In a food processor, add tahini, lemon juice, fresh dill , water, maple syrup, sprinkle of salt as desired, and garlic to blender and mix until smooth in consistency. Set aside for later.
3. Place a grill pan on stove over medium heat. Grill each side of the zucchini slices for about 5 minutes. You can grill on stove, an grill grill or on a BBQ. Set on a plate.
4. On the stove top, boil and cook the chickpea pasta as per box instructions and add one teaspoon of salt in the boiling water. Remove and drain when al dente.
5. In a stir fry pan on the stove, add a little bit of water and stir fry the broccoli using only water, 5 to 6 min. Add the pasta to the stir fry pan and set heat to low to keep warm. Drizzle with olive oil and sprinkle of salt.
6. Cut up the grilled zucchini into bite-size pieces for larger and add to the stir fry pan. Again keep on low heat so it stays warm. You may add another drizzle of olive oil.
7. When ready to serve, add the tahini sauce and mix it in quickly so it also gets warm, but not hot. You want the sauce to remain as a "raw" food. Transfer to a serving dish, and top with cilantro or any other fresh herb or fresh microgreens if you desire.