

Sweet And Sour Thai Almond Butter Sauce

An easy raw vegan favourite.

Categories

Yields: 6 servings

Preparation time: 12 mins

Cooking time: 0 mins

Category: Entrees

Complexity: Moderate

Vegan experience: Absolute beginner

Preparation style: Raw

Ingredients

Zucchini, raw	4 medium
Onion, white, yellow or red, raw	1 medium - 2 1/2" diameter
Red bell peppers, raw	1 medium - 2 1/2" diameter x 2 3/4"
Organic dulse flakes	0.25 x 2 tbsp
Snow peas (edible pea pods), raw	1 cup
Cashews, raw	1 cup
Pine nuts, pignolias	0.5 cup
Olive oil	1 ounce
Garlic, fresh	2 clove
Lemon juice, fresh	2 ounce
Cayenne	0.25 teaspoon
Basil, fresh	2 teaspoon

Instructions

Soak cashews and pine nuts for at least two hours. Macadamia nuts can be used instead of cashews.

1. Use a spiralizer to make noodles with the zucchini. Cut onion, red pepper and snow peas into very thin julienne slices. Add all veggies together in a large bowl and mix in dulse flakes.
2. To make the sauce, add soaked nuts, olive oil, chopped garlic, lemon juice and cayenne to a blender and blend until smooth. Sauce should be thick but a bit of water can be added if needed.
3. Pour desired amount of sauce over noodles and gently toss. Left over sauce can be stored in a glass jar in the fridge for up to 4 days.

Garnish with fresh basil, or a dash of dried basil and oregano. Or try adding some vegan parmesan on top.