

# Vegan Gluten-Free Grain-Free Zucchini Linguine

Source: Seastar Restaurant Chef John Howie, Better Vegan

Category: Vegan Entrees & Sides

Prep Time: 15 min Cook time: 10 min Total Time: 25 min

Serves 4

*Contains nightshades*

## Ingredients:

- 2 lbs. (4 cups) zucchini linguine (see notes)
- 2-3 Tbsp. coconut or avocado oil
- 3 Tbsp. shallots, minced very fine
- 2 Tbsp. garlic, shaved into thin slices
- 1/2 tsp. crushed red chili flakes
- 2 cups Roma tomatoes, diced
- 3 Tbsp. vegetable stock
- 1 cup artichoke hearts, sliced into 1/4" wedges
- 1/2 cup Kalamata olives, pitted and quartered
- 1 Tbsp. pink Himalayan salt or to taste
- black pepper to taste
- 6 Tbsp. fresh basil, julienne 1/16"
- 4 Tbsp. pine nuts, lightly toasted

## Instructions:

1. Prepare the ingredients.
2. Heat oil over medium heat, add shallots, shaved garlic and crushed chillies.
3. Sauté for 2-3 minutes with light browning.
4. Add Roma tomatoes, salt, and vegetable stock, cook until tomatoes are tender, and the sauce thickens a bit.
5. Add artichokes and olives and warm through. Add zucchini and cook until warmed through, but do not overcook.
6. Remove from heat and toss in basil. Mound the linguine high evenly in pasta bowls, drizzle with extra sauce and sprinkle with pine nuts.



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Recipe Link:

<https://www.betterveganrecipes.com/vegan-zucchini-linguine>

## Notes:

To make zucchini linguine, first peel the zucchini. Using a mandolin slicer or a sharp kitchen knife, slice thin strips of zucchini flesh about 1/4" thick from one side until you get to the seeds. Once you see the seeds, turn zucchini on the other side and slice the flesh until you get to seeds. Repeat with two remaining sides. After slicing off all the flesh you should have the seed core left, which you can discard. Cut the zucchini strips alongside into 1/4" wide noodles. Store in air-tight container in a fridge. The surface may oxidize the next day, turning to brown color. Carefully remove the brown layer with a spoon and mix well.

## Equipment needed:

Mandolin slicer (optional)

## Serving suggestion:

Best served on its own.