

## ROMESCO SAUCE AND ZUCCHINI NOODLES

When capsicums start to ripen, you can end up with an over-abundance that you don't know what to do with. Romesco Sauce is a delicious way to use them up.

Romesco is a sweet smoky Spanish sauce that is made with roasted capsicums and nuts. It's great with pasta or pizza, but most of the time I just use it on its own as a dip or spread.

Put the sundried tomatoes on to soak a few hours before you're planning to make the sauce. I've also added a couple of optional ingredients - nutritional yeast creates a slightly deeper savoury flavour and parsley gives it a nice freshness. I would recommend adding the parsley to the sauce if you're not serving it with parsley on top like we did with the zucchini noodles.

**Romesco Sauce** (makes around 1 ½ cups)

3 red capsicums

(we used the long, sweet Marconi Red variety)

2 cloves of garlic, peeled and crushed

½ teaspoon smoked paprika

2 tablespoons red wine vinegar

½ cup activated and dried almonds (or lightly roasted in the oven)

¼ cup sundried tomatoes (soaked for 2-4 hours, I use the Ceres Organics ones)

½ cup cold pressed olive oil

Add salt to taste (I used around 1/3 teaspoon flaky sea salt)

Optional extras:

2 teaspoons nutritional yeast

¼ cup of finely chopped parsley

Preheat the oven to 230 degrees C.

Cut the capsicums lengthways, removing the tops and the seeds from the middle. Place them face down in a baking tray lined with baking paper.

Place in an oven for 30-40 minutes until soft and blackened. You can do this over a gas flame or BBQ instead to get a stronger smoky flavour.

Allow to cool for 10 minutes and place in the food processor with all the rest of the sauce ingredients, except for the olive oil and salt. Process for around 30 seconds until everything is



broken down but still holds some texture. Now add the olive oil slowly while the blender is running. You may need to stop and use a spatula to scrape everything back down into the bowl a few times.

Fold through the optional parsley and nutritional yeast, if using.

You can store the Romesco in a sealed container in the fridge for around 1 week.

**To serve** (for 2 people)

2 zucchini (finely sliced on a mandolin or spiraliser) or regular pasta

½ cup cherry tomatoes (we used heirloom ones)

generous handful of picked or roughly torn parsley

a few handfuls of fresh greens like rocket or a peppery mesclun mix

4 tablespoons of Romesco Sauce

cashew nut camembert as an accompaniment (optional)

Place the zucchini noodles in a bowl with the Romesco Sauce, and mix thoroughly to coat the pasta. It's easiest to do this with your hands. Fold through the sliced cherry tomatoes and serve on a bed of fresh greens topped with a generous amount of parsley.

I served mine with a side of cashew nut camembert from Crescent Cashew Nut Cheese in Kumeu, Auckland.