

Zucchini Noodles with Kale Chimichurri and Toasted Walnuts

Serves 4

Chimichurri is an herby, vinegary, spicy Argentinian green sauce that is typically served over meat. This version has blanched kale standing in for the herbs before being tossed with spiraled zucchini noodles and topped with toasted walnuts. But don't let the veggie forward use here fool you – this sauce is very versatile and just as delicious spooned over flank steak, burgers, chicken, roasted potatoes or eggs.

1 medium bunch kale, ends trimmed then roughly chopped

2 garlic cloves, pressed

3 Tablespoons red wine vinegar

½ teaspoon sea salt

¼ teaspoon black pepper

¼ teaspoon red chili flakes

6 Tablespoons olive oil

2 zucchini, spiraled or shaved into ribbons

¼ cup toasted walnuts

Bring a pot of salted water to a boil. Add kale and blanch for about 1 minute. Drain over a strainer then rinse with cold water to cool. Using your hands squeeze the kale to remove as much water as possible. When it's wrung dry, either chop kale very finely and put it in a bowl or transfer it to the bowl of a food processor and process until finely chopped. Add the pressed garlic, vinegar, salt, black pepper, red chili flakes, and olive oil; tossing

[or processing] until well combined. Set sauce aside to allow the flavors to mingle.

Prepare zucchini and walnuts as directed. Add the zucchini to the bowl with the chimichurri sauce and toss until well coated. Taste to see if vegetables could use another splash of vinegar or pinch of salt. Add the walnuts and toss again. Serve right away.

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Chef C's cooking tips:

- For delicious variations; add either ¼ cup finely chopped fresh parsley, cilantro, or mint or 2 Tablespoons finely chopped fresh oregano to the kale at the point when adding in the garlic and remaining ingredients.
- Wait until you are ready to serve before combining chimichuuri with zucchini. Otherwise the zucchini will begin to release its water and dim down the sauce's assertiveness.
- To bank flavor and nutrition for the future, don't throw away the kale cooking water. It will keep in the fridge for 4-5 days or freezer for 6 months. Use it to make soups or for cooking grains.