

COCONUT CURRY ZOODLES

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BY: MELISSA SHIPMAN

INGREDIENTS FOR THE SAUCE

- 1 13.5 ounce can coconut milk
- 2 tablespoons curry paste of your choice (Adjust to suit your tastes - more for spicier sauce, less for more mild sauce.)
- 2 inch piece fresh ginger coarsely chopped
- 5 cloves fresh garlic coarsely chopped
- 1/2 yellow onion chopped
- 1 teaspoon brown sugar (optional)
- 2 teaspoons soy sauce (optional)

HOW TO

- Sauté onion, ginger, and garlic in pan until fragrant.
- Add all ingredients in a blender, and blend!
- Store in airtight container until use.

TO MAKE THE ZOODLES

- Get a spiralizer (either as a Kitchenaid attachment or just a spiralizer) and spiralize your zucchini. You can buy ready made zoodles, but they're usually much more expensive.
- Add a little coconut oil to a heated pan and sauté your noodles for a couple minutes. Add enough sauce so that the zoodles have a good coat of coconut curry.
- When you determine the zoodles to be al-dente turn off the stove, and serve! Top your zoodles with chicken, or anything else you think is tasty, and enjoy!