

Caprese Zoodles

June 26, 2020 | CHEF VEE, COOKING SCHOOL HEAD CHEF



I absolutely love the summer months and all the delicious food it gives. One my favorites is a caprese salad. Soft fresh mozzarella, juicy tomatoes, fresh basil and cannot forget the tangy, yet sweet, balsamic reduction. Its truly my favorite. I'm taking all these flavors and transforming them into dinner! Yes that's right - a whole meal. It's light and perfect for these hot days upon us! Let me show you how...

Serves: 5-6 Total Time: 20 minutes

·4 medium zucchini – cut in ribbons

·1 pint of cherry tomatoes – cut in halves

·8 ounces small bites of fresh mozzarella or large piece – break off or cut into chunks

·Basil Pesto – store brought or follow BP recipe below

o2 tbsp raw pine nuts – use walnuts, almonds or cashews as options

o1 cup packed basil leaves

o1/3 cup olive oil

o2 garlic cloves

o1 tsp lemon juice

oSalt and black pepper, to taste

o1/2 cup parmesan cheese

·toasted pine nuts – for garnish

·fresh basil leaves – for garnish

·1/4 cup of balsamic reduction – or follow BR recipe to make your own

o1 cup of balsamic vinegar

o1 cup of water

o 1 cup of sugar

In a skillet toast the pine nuts on medium low heat for 5 minutes, tossing gently. Then place in your food processor. Add the remaining BP ingredients into your food processor except the olive oil. Pulse until the ingredients are mixed. Turn on your food processor and slowly pour in the olive oil. Process until your pesto is smooth and creamy, then set aside. You can leave slightly chunky if you like the texture. Taste and adjust salt and pepper if needed.

Cut the ends off each zucchini and use a spiralizer to create zucchini noodles. Place these into a large bowl. If no spiralizer you can use a peeler to make ribbons. No Zucchini? Try it with your favorite pasta.

Cut your tomatoes in half and place into the bowl with the zucchini. Cut your mozzarella in half and place in the same bowl or if using a large piece you can break off with your hands. If no mozzarella, use your favorite cheese you do have.

Using a spoon or spatula, remove all of the pesto from the food processor and add to the bowl. Mix all of the ingredients together until well combined. To make the reduction, combine all three BR ingredients into a small pot and simmer until foaming, turn off and let cool. Once completely cooled, it will be nice and thick. Drizzle over final dish! Garnish with basil and pine nuts. Perfect for gathering and warm days. Serve immediately or leave in fridge until ready. Enjoy!