

Pesto Zoodles with Poached Egg

9 ingredients · 20 minutes · 4 servings



Directions

1. Spiralize your zucchinis into noodles and set aside.
2. In a food processor combine basil, spinach, garlic, walnuts, olive oil, lemon juice and sea salt. Blend until smooth.
3. Fry your eggs in a skillet or poach them in a small sauce pan with water and vinegar. Transfer them to a plate lined with paper towel.
4. You can serve this dish in two ways: For a cold dish, toss your zucchini noodles in desired amount of pesto, top with a fried or poached egg and serve. Or, for a warm dish, heat a bit of olive oil in the skillet and saute your noodles until warmed through, add pesto and work it around with tongs to evenly distribute. Transfer to bowls and top with a fried egg. Enjoy!

Notes

Nut-Free

Use sunflower or pumpkin seeds instead of walnuts.

More Carbs

Use brown rice pasta instead of zucchini noodles.

No Spinach

Use kale or any dark leafy green.

Meat Lover

Skip the poached egg and top with chicken, bacon or steak instead.

Vegan

Skip the poached egg and top with beans, lentils or chickpeas instead.

Ingredients

- 4 Zucchini (large)
- 1 cup Basil Leaves
- 1 cup Baby Spinach
- 1 Garlic (clove, minced)
- 1/4 cup Walnuts
- 1/3 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1/2 tsp Sea Salt
- 4 Egg