

Asparagus Noodles with Pesto



Recipe courtesy of Food Network Kitchen

From: Food Network Magazine



Level: Easy

Total: 30 min

Active: 30 min

Yield: 4 servings

Ingredients:

- 1 pound jumbo asparagus
- 1 1/2 cups packed fresh basil
- 1/4 cup packed fresh parsley
- 2 tablespoons pine nuts
- 1 tablespoon capers
- 1 small clove garlic
- Kosher salt and freshly ground pepper
- 1/4 cup plus 1 tablespoon extra-virgin olive oil
- Pinch of red pepper flakes
- 3 cups baby arugula
- 1 teaspoon finely grated lemon zest, plus more for topping

Directions:

- 1** Snap off the woody ends of the asparagus stalks. Use a vegetable peeler to shave the asparagus into thin wide ribbons. (The last strip of asparagus will be a little thicker than the others but it's fine to use.)
- 2** Pulse the basil, parsley, pine nuts, capers, garlic, 1/2 teaspoon salt and a few grinds of pepper in a food processor until coarsely ground. With the machine running, drizzle in 1/4 cup olive oil and process until the pesto is mostly smooth.
- 3** Heat the remaining 1 tablespoon olive oil in a large nonstick skillet over medium-high heat. Add the asparagus noodles, red pepper flakes and a pinch each of salt and pepper. Cook, stirring, until the asparagus is tender, 3 to 5 minutes.
- 4** Add the arugula and cook until just wilted, about 1 minute. Remove from the heat; add the pesto and 1 tablespoon water and toss to coat. Stir in the lemon zest and season with salt. Top with more zest.



Photograph by Levi Brown

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