

The

RAW Food

Revolution

30 Days to a Raw Food Life Style

Menu Guide

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Sweet Potato Linguine With Pesto & Sundried Tomatoes

Ingredients

1 Long narrow sweet potato

Sprinkle of pinenuts

Sundried or dehydrated cherry tomatoes

Lime Juice

Sea Salt and Cracked Pepper

Macadamia Oil



Instructions

Spiralise the peeled Sweet Potato using a table-top or hand-held spiraliser. Sprinkle over some fresh lime juice and thoroughly marinate for a few minutes. Remove marinated spirals and placed in serving bowl and add 3-4 generous dessertspoons of pre-made pesto – see Video Recipe 8 for the pesto recipe. Drop in the pine nuts and chopped sundried tomatoes.

Thoroughly merge the pesto into the spiralised sweet potato. Sprinkle with some macadamia oil and season with sea salt and cracked pepper. The dehydrated tomatoes can be purchased in a jar from your health food store or simply put small cherry tomatoes into your dehydrator when next you use it and make your own.

This is delicious and quick!!