



paleo pasta

from

The Spunky Coconut



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This book is one of the many chapters from my eBook

[Real Food Recipes from The Spunky Coconut.](#)

Visit TheSpunkyCoconut.com for details.

Gratitude

Thanks so much to my readers for keeping the Spunky business going since 2008. I would have stopped a long time ago if it were not for your love and continued support. You guys rock!



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Notes & Tools

SPIRALIZER

I use a spiralizer to turn zucchini, celeriac (celery root), and sweet potatoes into noodles. It's really fast to do, and the results are spectacular as you can see by the photos in this book. It is a bit of an arm workout, which I appreciate (every little bit helps, right?). I use the [Benriner](#), which is more expensive than other models, but has stood the test of time in my house. I've heard you can also use a spiral attachment for your food processor if you have one.

GHEE

I prefer to use a clarified butter such as [ghee](#) because it has a buttery flavor, but it's free of casein, lactose, and unhealthy oils like canola oil. Dairy is problematic for people with celiac disease (like me) since the casein protein in milk is almost identical to gluten on a molecular level. Most people who don't tolerate casein or lactose do well ghee.

ZUCCHINI NOODLES

Unlike sweet potato or celeriac noodles, zucchini noodles need to sweat before cooking. Sprinkling the zucchini noodles with salt, then letting them sit, causes them to release of a lot of moisture. Squeezing the noodles in a clean dry kitchen towel after they sweat for half an hour removes even more moisture.

PRINTING BINDING

This eBook can be printed and spiral-bound along the long edge (like a calendar). Or you can use a hole punch to keep it in a 3-ring binder. My designer husband left room at the top for your convenience. 😊

When Ashley and I went grain-free I thought our lasagna-eating days were over. Fortunately, [Cappello's](#) fresh grain-free lasagna came along and saved the day. And Cappello's is the best pasta we've ever had, gluten-free or not!



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Paleo Lasagna

5

Serves about 10

MEAT SAUCE

- 1 tablespoon ghee
- 2 pounds ground grass-fed beef
- 4 cups strained tomatoes (preferably from a glass container)
- 1 tablespoon apple cider vinegar
- 1 tablespoon + 1 teaspoon Italian seasoning
- 2 teaspoons sea salt
- 1 teaspoon onion powder
- 1 teaspoon garlic powder

“CHEESE”

- ¼ cup ghee
- 2 tablespoons arrowroot flour
- 1 ½ cups cashews
- 1 ½ cups water
- 1 ½ teaspoons [Herbamare](#)
- 2 teaspoons lemon juice
- 4 whisked eggs

Note: This “cheese” looks thin and watery when you pour it into the baking dish, but it turns out the texture of cream cheese or baked ricotta cheese. It’s going to blow your mind!

PASTA

- 1 package [Cappello's](#) fresh grain-free lasagna sheets

- 1 Set the oven to 350°F. Lightly grease a 5 qt rectangular glass dish and set it aside.
- 2 First make the meat sauce: Place a 12 inch pan over medium heat. Add a tablespoon of ghee, and the beef. Break the beef up with a spatula and cook until done.
- 3 Add the tomatoes, vinegar, Italian seasoning, salt, onion and garlic powder to the beef and stir. Bring the meat sauce to a simmer then turn off the heat.
- 4 Next make the “cheese”. Heat the ghee in a small heavy-bottomed pot over medium heat. Whisk the arrowroot into the ghee.
- 5 Puree the cashews, water, Herbamare, and lemon juice in the blender until smooth.
- 6 Whisk the cashew puree into the arrowroot mixture to thicken it, then remove the mixture from the heat.
- 7 When the cashew puree is room temperature add the four whisked eggs and whisk them in well. *Note:* If the cashew mixture is hot it will scramble the eggs, so make sure it’s room temperature first. Otherwise you will need to temper the eggs.
- 8 To assemble, begin with the pasta, then add a third of the meat sauce. Pour a third of the “cheese” over the meat sauce, then repeat the layers. There will be a total of three layers.
- 9 Bake uncovered for about 40 minutes.
- 10 Allow the lasagna to cool for 30 minutes, then serve.

This is another great option for lasagna “noodles” when you’re avoiding grains.

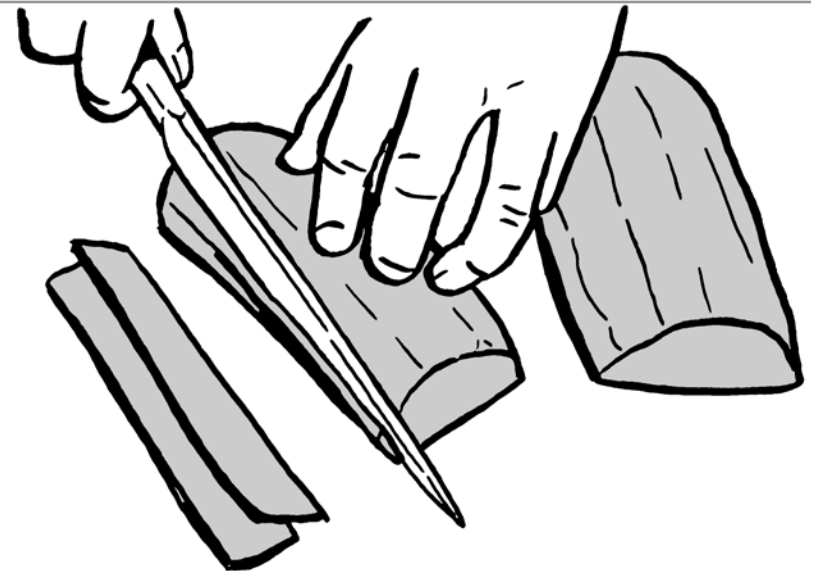
Paleo Lasagna with Butternut “Noodles”

Serves about 10

Paleo Lasagna ingredients, minus the pasta

1 to 2 butternut squash

- 1 Follow the recipe for Paleo Lasagna through step 7.
- 2 Peel the butternut squash and slice lengthwise into strips 1/8 inch thick. You can also do this with a julienne slicer.
- 3 To assemble, begin with the butternut strips, then add a third of the meat sauce. Pour a third of the “cheese” over the meat sauce, then repeat the layers. There will be a total of three layers.
- 4 Bake uncovered for about 1 hour.
- 5 Allow the lasagna to cool for 30 minutes, then serve.



Pumpkin Lasagna

Serves about 10

PUMPKIN SAUCE

3 cups pumpkin puree
 ½ teaspoon sea salt
 1 tablespoon ghee
 ¼ cup coconut sugar
 1 ½ teaspoons ground cinnamon
 ¼ teaspoon allspice

“CHEESE”

¼ cup ghee
 2 tablespoons arrowroot flour
 1 ½ cups cashews
 1 ½ cups water
 1 ½ teaspoons [Herbamare](#)
 2 teaspoons lemon juice
 4 whisked eggs

Note: This “cheese” looks thin and watery when you pour it into the baking dish, but it turns out the texture of cream cheese or baked ricotta cheese. You won’t believe it!

PASTA

1 package [Cappello](#) fresh grain-free lasagna sheets

- 1 Set the oven to 350°F. Lightly grease a 5 qt rectangular glass dish and set it aside.
- 2 First make the pumpkin sauce: Puree all of the pumpkin sauce ingredients. Set aside.
- 3 Next make the “cheese”. Heat the ghee in a small heavy-bottomed pot over medium heat. Whisk the arrowroot into the ghee.
- 4 Puree the cashews, water, Herbamare, and lemon juice in the blender until smooth.
- 5 Whisk the cashew puree into the arrowroot mixture to thicken it, then remove the mixture from the heat.
- 6 When the cashew puree is room temperature add the four whisked eggs and whisk them in well. *Note:* If the cashew mixture is hot it will scramble the eggs, so make sure it’s room temperature first. Otherwise you will need to temper the eggs.
- 7 To assemble, begin with the pasta, then add a third of the pumpkin sauce. Pour a third of the “cheese” over the pumpkin sauce, then repeat the layers. There will be a total of three layers.
- 8 Bake uncovered for about 40 minutes.
- 9 Allow the lasagna to cool for 30 minutes, then serve.



These butternut squash “noodles” combined with the pumpkin squash filling will make a squash-lovers’ feast!

Pumpkin Lasagna with Butternut “Noodles”

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Serves about 10

Pumpkin Lasagna ingredients, minus the pasta

1 to 2 butternut squash

- 1 Follow the recipe for Pumpkin Lasagna through step 6.
- 2 Peel the butternut squash and slice lengthwise into strips 1/8 inch thick. You can also do this with a julienne slicer.
- 3 To assemble, begin with the butternut strips, then add a third of the pumpkin sauce. Pour a third of the “cheese” over the pumpkin sauce, then repeat the layers. There will be a total of three layers.
- 4 Bake uncovered for about 1 hour.
- 5 Allow the lasagna to cool for 30 minutes, then serve.

I love making spaghetti with zucchini noodles, but it drives me crazy how much the zucchini cook down. I recommend 2 medium-sized zucchinis per person for this reason. Or in my husband's case: 4 zucchinis per person.



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Zucchini Spaghetti with Meat Sauce

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Serves about 5

ZUCCHINI SPAGHETTI

2 medium-sized zucchini per person
sea salt

1 tablespoon ghee

MEAT SAUCE:

1 tablespoon ghee

2 pounds ground grass-fed beef

4 cups strained tomatoes (preferably
from a glass container)

1 tablespoon apple cider vinegar

1 tablespoon + 1 teaspoon Italian
seasoning

2 teaspoons sea salt

1 teaspoon onion powder

1 teaspoon garlic powder

- 1 Scrub the zucchinis or peel them if you prefer (I never do). Use a spiralizer to spiralize your zucchinis.
- 2 Sprinkle sea salt between each spiralized zucchini, and let them sweat in a large bowl (or two bowls, depending on how many you're making) for at least half an hour.
- 3 After they have sweat, squeeze the zucchini in a clean dry kitchen towel to remove more of the moisture.
- 4 Place a 12 inch pan over medium heat. Add a tablespoon of ghee and the zucchini noodles.
- 5 Saute the zucchini noodles, stirring frequently, until they reach the desired tenderness.
- 6 Meanwhile make the meat sauce in another 12 inch pan over medium heat. Add the ghee and the beef. Break the beef up with a spatula and cook until done.
- 7 Add the tomatoes, vinegar, Italian seasoning, salt, onion and garlic powder to the beef and stir. Bring the meat sauce to a simmer then turn off the heat.
- 8 Top the zucchini spaghetti with meat sauce, and serve.

Chicken & Mushroom Alfredo

Serves 5

This recipe reminds me of the chicken noodle casserole that I loved when I was little. Unlike zucchini that shrink down to nothing when you make zucchini noodles, celery root (celeriac) has much less moisture. So you can use 2 celery roots and get the same amount of noodles as probably 8 medium-sized zucchini.



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CELERIAC NOODLES

2 medium-sized celery roots (celeriac), approximately 4 inches wide each

½ teaspoon sea salt

1 tablespoon ghee

SAUCE

1 ¾ cups water

½ cup cashews

1 tablespoon ghee

1 tablespoon lemon juice

¼ teaspoon onion powder

¼ teaspoon garlic powder

¼ teaspoon sea salt

MUSHROOMS

1 tablespoon ghee

about 3 cups chopped mushrooms

sea salt

CHICKEN

1 teaspoon ghee

2 to 4 skinless chicken breast halves (about 1 ½ pounds)

salt, onion, and garlic powder

¼ cup water

NOODLES AND SAUCE

- 1 Peel the celeriac with a knife, then spiralize them. Sprinkle ¼ teaspoon of sea salt on each spiralized celery root.
- 2 Place a 12 inch pan over medium heat. Add a tablespoon of ghee and the celery root noodles. Saute the noodles, stirring frequently, until they have reduced by about half.
- 3 Use a blender to puree the sauce, and pour it over the noodles. Put the lid on, slightly cracked, and simmer over almost low heat for about 20 minutes.

MUSHROOMS

- 1 Meanwhile sauté the mushrooms in a separate pan. Heat the pan over medium heat, then add the ghee, mushrooms and a pinch of salt.
- 2 Saute until the mushrooms are tender, then set aside.

CHICKEN & ASSEMBLY

- 1 While the noodles are simmering in the sauce make the chicken: Add the ghee to a pan over medium heat.
- 2 Sprinkle the chicken with salt, onion and garlic powder on both sides. Place the chicken in the pan and cook for about one minute.
- 3 Flip the chicken over, add the water, and put the lid on, slightly cracked. Reduce the heat to low, and cook the chicken until it's done (about 20 minutes).
- 4 Let the chicken cool, then chop it into bite-sized pieces. Add the chicken and the mushrooms to the noodles and sauce. Stir to combine, then serve with fresh black pepper.

Just because you don't drink milk, doesn't mean you can't have divinely creamy pasta. In fact, I've served all of the pasta recipes in this book to my dairy-eating friends, and no one can ever believe their taste buds!



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Fettuccine Alfredo

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Serves about 5

1 & 1/4 cup plain cashew pieces

1 cup chicken broth

1/2 cup water

2 tbsp olive oil, or ghee

1 tsp [Herbamare](#)

1 tsp lemon juice

1 head of broccoli, chopped and steamed

2 packages of [Cappello's](#) fettuccine or whatever gluten free noodles you use (rice, sweet potato)

1 Puree the cashews, broth, water, oil or ghee, [Herbamare](#), and lemon juice until completely smooth. Set aside.

2 Cook the noodles according to the directions.

3 Strain the noodles, and discard the cooking water.

4 Return the noodles to the hot pot.

5 Pour the sauce over the noodles, add the steamed broccoli, and stir.

6 Leave it (uncovered) to thicken for 5 to 10 minutes, then stir again, and serve.

Note: To use sweet potato noodles for this Fettuccine Alfredo cut the cashews, broth, [Herbamare](#) and lemon juice in half. Then follow the technique for the [Noodles and Sauce on page 12](#).

Hamburger Helper is an American packaged dinner kit, containing dry noodles and spices. You add the contents of this box to your cooked ground beef, and *voila!* dinner is done. I created this version using only real food ingredients and in very little time my husband and I are blissed out, eating what tastes like food from our childhood.



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Taco Hamburger Helper 12

Serves about 5

SWEET POTATO NOODLES

3 large sweet potatoes (about 6 cups of uncooked spiralized sweet potatoes)

½ teaspoon [Herbamare](#)

SAUCE

1 ½ cups beef broth

1 ½ teaspoons cumin

1 ½ teaspoons chili powder

1 teaspoon [Herbamare](#)

¼ cup sundried tomatoes

1 teaspoon arrowroot or tapioca flour

GROUND BEEF

1 pound grass-fed ground beef

NOODLES AND SAUCE

- 1 Peel the sweet potatoes, then spiralize them.
- 2 Sprinkle ½ teaspoon of Herbamare on the spiralized noodles.
- 3 Place a 12 inch pan over medium heat. Add a tablespoon of ghee and the sweet potato noodles.
- 4 Saute the noodles, stirring frequently, until they have reduced by about half.
- 5 Use a blender to puree the sauce, and pour it over the noodles.
- 6 Put the lid on, slightly cracked, and simmer over almost low heat for about 20 minutes.

GROUND BEEF

- 1 While the noodles are simmering in the sauce make the ground beef: Add the ghee to a pan over medium heat.
- 2 Break the beef up with a spatula and cook until done.

ASSEMBLY

- 1 Add the ground beef to the noodles and sauce.
- 2 Stir to combine, then serve with fresh black pepper.

Orange Chicken with Broccoli

I used to always get Chicken with Broccoli when we went to Chinese restaurants, which doesn't happen very often anymore. Only a couple of big chains cater to my diet, so I whip up this Chinese-inspired dish whenever the craving strikes.

Serves about 5

SWEET POTATO NOODLES

3 large sweet potatoes (about 6 cups of uncooked spiralized sweet potatoes)

½ teaspoon [Herbamare](#)

SAUCE

1 cup fresh squeezed orange juice

½ cup chicken broth

1 teaspoon arrowroot or tapioca flour

1 teaspoon [Herbamare](#)

1 tablespoon apple cider vinegar

2 cloves garlic

1 inch fresh peeled ginger

CHICKEN

1 teaspoon ghee

2 to 4 skinless chicken breast halves (about 1 ½ pounds)

salt, onion and garlic powder

¼ cup water

BROCCOLI

1 head of broccoli, chopped and steamed

NOODLES AND SAUCE

- 1 Peel the sweet potatoes, then spiralize them.
- 2 Sprinkle ½ teaspoon of [Herbamare](#) on the spiralized noodles.
- 3 Place a 12 inch pan over medium heat. Add a tablespoon of ghee and the sweet potato noodles.
- 4 Saute the noodles, stirring frequently, until they have reduced by about half.
- 5 Use a blender to puree the sauce, and pour it over the noodles. Put the lid on, slightly cracked, and simmer over almost low heat for about 20 minutes.

CHICKEN

- 1 While the noodles are simmering in the sauce make the chicken: Add the ghee to a pan over medium heat.
- 2 Sprinkle the chicken with salt, onion and garlic powder on both sides.
- 3 Place the chicken in the pan and cook for about one minute. Flip the chicken over, add the water, and put the lid on, slightly cracked.
- 4 Reduce the heat to low, and cook the chicken until it's done (about 20 minutes). Let the chicken cool, then shred it with two forks.

ASSEMBLY

- 1 Add the shredded chicken and broccoli to the noodles and sauce. Stir to combine, then serve with fresh black pepper.



When my husband and I were dating there was a charming Italian restaurant in walking distance from my apartment. We would go there for dinner and order Chicken Matriciana. I always felt so sick after eating the pasta that came with the chicken. What a pleasure it is to be able to eat all my favorite recipes again, without the pain.



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Chicken Matriciana

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Serves about 5

SAUCE

- 2/3 cup chopped bacon, uncooked
- 2/3 cup chopped yellow onion
- 3 cups strained tomatoes (preferably from a glass container)

CHICKEN

- 1 teaspoon ghee
- 2 to 4 skinless chicken breast halves (about 1 ½ pounds)
- salt, onion and garlic powder

SWEET POTATO NOODLES

- 3 large sweet potatoes (about 6 cups of uncooked spiralized sweet potatoes)
- ½ teaspoon [Herbamare](#)

CHICKEN AND SAUCE

- 1 In a 12 inch pan, sauté the bacon and onion until the bacon is nicely browned. Remove the bacon and onion from the pan.
- 2 Sprinkle the chicken with salt, onion and garlic powder on both sides. Place the chicken in the pan and cook for about one minute.
- 3 Flip the chicken over, and add the strained tomatoes. Put the bacon and onions on top of the chicken and tomatoes.
- 4 Reduce the heat to low, cover, and cook the chicken until it's done (about 20 minutes).
- 5 Remove the chicken from the pan, and let it cool, then chop it into bite-sized pieces.
- 6 Use the sauce in the pan to finish cooking the noodles (recipe follows).

SWEET POTATO NOODLES & ASSEMBLY

- 1 Peel the sweet potatoes, then spiralize them. Sprinkle ½ teaspoon of Herbamare on the spiralized noodles.
- 2 Place a 12 inch pan over medium heat. Add a tablespoon of ghee and the sweet potato noodles.
- 3 Sauté the noodles, stirring frequently, until they have reduced by about half.
- 4 Pour the sauce from above over the noodles. Put the lid on, slightly cracked, and simmer over almost low heat for about 20 minutes.
- 5 Add the chopped chicken to the noodles and sauce. Stir to combine, then serve with fresh black pepper.

These Nutty Szechuan Noodles are my go-to recipe for serving company who don't eat the way we do. They don't take long to make, and everybody loves them.



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Nutty Szechuan Noodles

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Serves about 4

- 2 cups chicken broth
- 2 tablespoons gluten-free [Szechuan sauce](#) (or more for hotter sauce)
- ¼ cup [ume plum vinegar](#) or [coconut aminos](#)
- ¼ cup almond or sunbutter, without added sugar
- ¼ cup coconut sugar
- ½ teaspoon ground ginger
- 1 head of broccoli
- 2 red peppers
- 1 yellow onion
- 2 packages of [Cappello's](#) fettuccine or whatever gluten-free noodles you use (rice, sweet potato)
- optional: toasted sesame seeds

Note: To use sweet potato noodles with this Nutty Szechuan sauce follow the technique for the Noodles and Sauce on [page 12](#).

- 1 Cut the broccoli into small pieces, and slice the peppers and onion.
- 2 Sauté the broccoli, peppers and onion until just tender. Set aside.
- 3 Puree the chicken broth, Szechuan sauce, vinegar or coconut aminos, almond or sunbutter, coconut sugar, and ginger until completely smooth. Set aside.
- 4 Cook the noodles according to the directions.
- 5 Strain the noodles, and discard the cooking water.
- 6 Return the noodles to the hot pot.
- 7 Pour the sauce over the noodles, add the broccoli, peppers and onion, and stir.
- 8 Leave it (uncovered) to thicken for 5 to 10 minutes, then stir again, and serve.
- 9 Top with toasted sesame seeds if using.

A faster, easier version of Massaman Curry, my Spicy Massaman doesn't disappoint. To make a milder version, cut the ancho chili powder, garlic, and ginger in half. This recipe comes from my book, [The Paleo Chocolate Lovers' Cookbook](#).



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Spicy Massaman Curry

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Serves about 4

CHICKEN AND SAUCE

- 1 cup finely chopped onion
- 1 tablespoon minced garlic
- 1 tablespoon minced fresh ginger
- 1 tablespoon ancho chili powder
- 1 (13-ounce) can full-fat coconut milk
- 2 tablespoons coconut sugar
- 2 tablespoons cocoa powder
- 1 tablespoon [tamarind paste](#)
- 1 tablespoon sunbutter, without added sugar
- 1 teaspoon fine lemon zest (from about half a lemon)
- 1/2 teaspoon sea salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cardamom
- 1/8 teaspoon ground cloves
- 2 pounds chicken breasts (about 4 chicken breast halves) or stew meat
- 1/4 cup packed fresh basil

SWEET POTATO NOODLES

- 3 large sweet potatoes (about 6 cups of uncooked spiralized sweet potatoes)
- 1/2 teaspoon [Herbamare](#)

CHICKEN AND SAUCE

- 1 In a 12 inch skillet, add a few tablespoons of coconut oil. Sauté the onion, garlic, and ginger in the oil for about 3 minutes.
- 2 Add the chili powder, coconut milk, coconut sugar, cocoa powder, tamarind paste, sunflower seed butter, lemon zest, salt, cinnamon, cardamom, and cloves to the pan. Bring the mixture to a simmer, and reduce the heat to low.
- 3 Massaman curry is often eaten with stew beef, but we usually use boneless, skinless chicken breast. Whatever meat you choose, cut it into cubes or strips. Stir the meat into the sauce, and simmer (uncovered) until the meat is cooked through.

SWEET POTATO NOODLES & ASSEMBLY

- 1 Peel the sweet potatoes, then spiralize them. Sprinkle 1/2 teaspoon of Herbamare on the spiralized noodles. *Note:* The noodles pictured are wide because I spiralized them without the blade insert.
- 2 Place a 12 inch pan over medium heat. Add a tablespoon of ghee and the sweet potato noodles.
- 3 Cook the noodles over medium heat for about 10 minutes, stirring frequently.
- 4 Top each serving with fresh basil, chopped first if you prefer.