



Zhoug

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

Zhoug

- 2 cups fresh cilantro, leaves and small stems only
- 1 cup fresh Italian parsley, leaves and small stems only
- 1-2 jalapeños, sliced (See Chef Note)
- ½ tablespoon lemon juice
- 1 tablespoon O&V **Garden Herb vinegar** or [Marc de Champagne vinegar](#) *
- 5-6 cloves of garlic, chopped
- 1 teaspoon cumin powder
- ½ teaspoon coriander powder
- ½ teaspoon ground cardamom
- ½ teaspoon kosher salt (more to taste)
- ½ cup [Unflavored EVOO](#) *
- ¼ cup roasted and salted pepitas or pistachios (divided)
- ¼ teaspoon red chili flakes (optional and for additional heat)
- Salt and pepper to taste

Pasta

- 8 oz O&V **Spaghetti** *
- 12 oz Brussel sprouts, shredded thin
- 4-6 cloves of garlic, thinly sliced
- 2 tablespoon O&V [Garlic EVOO](#) or [Unflavored EVOO](#) *
- 1 tablespoon lemon juice
- Zest of lemon and lemon wedges for garnish
- Roasted and salted pepitas for garnish
- Salt, pepper and red chili flakes to taste

Preparation

Make the Zhoug

Combine the jalapeños, garlic, parsley and cilantro in a food processor. Pulse until jalapeños and garlic are minced. Add the lemon juice, vinegar, cumin, coriander, cardamom, salt, and red chili flakes (if using). Process until finely chopped

With the processor still running, add the EVOO slowly in a steady stream until well combined in the processor bowl. Add the pepitas and blend till almost smooth. Taste and adjust salt, and spice levels. You can also choose to add a little more vinegar for added acidity. Place in a glass storage container with a cap and refrigerate until ready to use (will keep in the fridge for 7-10 days or can be frozen for longer storage).

Make the Pasta

Bring water to a boil in a pot to cook spaghetti according to package instructions. Drain cooked pasta, reserving ½ cup of pasta cooking water. Return the pot to the stove over medium heat and add the Garlic EVOO. Add the garlic and the shredded Brussel sprouts and cook for 3-5 minutes stirring occasionally until the Brussels are bright green and softened. Add lemon juice, salt, pepper, and chili flakes and toss well.

Add drained pasta to the pot, toss and reduce heat to low. Add 1 cup of prepared Zhoug sauce and stir in. Use some of the reserved pasta cooking water 1 tablespoon at a time until you get a nice saucy consistency. Adjust salt, pepper and level of heat (chili flakes) to taste.

Serve topped with lemon zest, pepitas and with a wedge of lemon.

Serves 4

Active time 30 minutes Total Time: 30 minutes

Chef Note

Prepping jalapeños is where you make decisions about the level of heat you want in your dish. Removing the seeds and membranes will reduce the heat of the sauce, or you can keep both and even add some red chili flakes for even spicier zhoug! You can also choose to just use one jalapeño instead of two for an even milder version. Jalapeños vary greatly in their level of heat, so taste and adjust as you go.

Notes

* As with all fresh sauces, the quality of ingredients will determine the ultimate flavor of the sauce. Here a good medium to robust [Unflavored EVOO](#) and a crisp [Marc de Champagne](#) or herby **Garden Herb vinegar** make all the difference.

This hand-made **Spaghetti** is bronze die cut and has roughness that better holds onto the sauce, while the [Garlic EVOO](#) adds another layer of deliciousness to this pasta dish. Feel free to use a gluten-free pasta if you prefer.

All highlighted products are available at [Oil & Vinegar stores](#).

Categories: Entrée, Condiment, Snacks & Sides, Vegetarian, Vegan, Marc de Champagne Vinegar, Garden Herb Vinegar, Garlic EVOO, Zhoug, Middle Eastern Sauce, Zhug, Spicy Sauce, Pasta, Spaghetti, Fresh, Herby,