



# KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Perfectly Grilled Zucchini Spears SERVES approx. 4

CATEGORY Side Dish PREP TIME 5 min COOK TIME 5-7 min

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE

GLUTEN FREE

DAIRY FREE

## INGREDIENTS

4 small zucchinis  
1/4 cup avocado oil  
1/4 cup fresh grated parmesan cheese (optional)  
cracked black pepper to taste

## DIRECTIONS

1. Heat grill to medium-high heat.
2. Cut the ends off each zucchini, then cut length ways into 4 equal quarters
3. Brush each side with avocado oil.
4. Sprinkle freshly cracked pepper over the zucchini spears.
5. Grill each of the three sides for approximated 2 minutes, depending on heat & zucchini size.
6. Remove from grill, garnish with fresh parm (optional) & serve immediately.

## MY NOTES

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