



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Summer Garden Zoodles SERVES approx. 2

CATEGORY Side Dish PREP TIME 10 min COOK TIME 5-6 min

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE

GLUTEN FREE

DAIRY FREE

INGREDIENTS

2 medium zucchinis
1 tbsp extra virgin olive oil
1 large clove minced garlic
2 tsp fresh squeezed lemon juice
1/2 cup halved cherry tomatoes
1/4 cup grated parmesan cheese
1 tbsp finely chopped fresh basil
1 tbsp lemon zest
salt & pepper to taste

DIRECTIONS

1. Spiralize zucchinis to your desired zoodle size & set aside.
2. In a large skillet, preheat EVOO on a medium heat.
3. Add garlic and crisp to a light golden brown, stirring frequently.
4. Add zoodles to oil, stir coat zoodles evenly, & stir frequently.
5. Cook approx 4-5 min or until slightly tender but still crisp.
6. Remove from heat and toss in lemon, tomatoes, parmesan, fresh basil, & lemon zest.
7. Salt & pepper to taste & serve immediately.

MY NOTES
