

Zoodles with Lemon & Parmesan



Zoodles “Zucchini Noodles” are an incredibly fresh and healthy alternative to pasta. One cup of zoodles contains only 25 calories, so you can have plenty – guilt free!

Ingredients

4 medium zucchini, spirallised
2 tbsp butter
1 lemon's zest
1/4 cup freshly grated parmesan

Method:

1. Bring a large saucepan of water to a boil, adding a couple of large pinches of sea salt.
2. Meanwhile spiralise the zucchini.
3. Add to the pot of boiled water; reduce heat and cook for just 2 minutes. Drain.
4. Add the butter, lemon zest and most of the Parmesan cheese.
5. Toss gently to combine.
6. Serve, sprinkled with Parmesan and a little freshly chopped parsley.