



ZUCCHINI PASTA

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 5 mins

Cook time: 8-10 mins

Serves: 4 small serves



Ingredients

- 4 medium zucchini
- 1/2 cup spring onions, chopped
- 1/2 cup fresh coriander, chopped
- 1 tsp garlic, crushed
- 1/2 tsp salt
- 6 shakes pepper
- 5 tbsp olive oil

Method

- Using spiralizer, or sharp knife, cut zucchini into fine long strips and set aside. I use my spiralizer very often, definitely worth the purchase.
- Heat oil in pan, add onion and garlic and stir for 3 minutes.
- Add zucchini and cook for 5 minutes, stirring with tongs to pick it up and move around. Mix constantly.
- Add coriander, salt and pepper and mix.
- Serve hot, or can be eaten cold.