

ZOODLE SALAD

Time: 30 minutes

Serves: 4

Ingredients:

400g zucchini - peeled and julienned or spiralized
4g kosher salt
20g extra-virgin olive oil
15g lemon juice
1 clove garlic - very finely minced or grated
1 pinch fresh ground black pepper
100g cherry tomatoes - halved
2g Italian (flat-leaf) parsley leaves
10g Parmesan cheese - shaved

Preparation:

Place zucchini in a colander, sprinkle with salt and toss well with your fingers. Let rest for fifteen minutes, gently squeezing a time or two to remove excess liquid.

Whisk together the olive oil, lemon juice, garlic and pepper.

Move the zucchini to a serving bowl and toss with the oil mixture.

Top with the tomatoes, parsley and cheese, serving immediately.

Nutritional Information Per Serving:

Calories: 72
Fat: 6g
Carbs: 5g
Fibre: 1g
Protein: 2g