



SERVES 2

# VEGETABLE ZOODLES

a healthy low-carb alternative to spaghetti

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4g/serving



5 min



- 225g (1 cup) courgettes
- 1 tbsp butter
- 2 cloves garlic, chopped
- 2 tbsp mascarpone
- 2 tbsp parmesan cheese, grated
- salt and pepper

- 1 Spiralise courgettes.
- 2 Pan-fry garlic in butter for 1 min.
- 3 Add salt and pepper.
- 4 Add spiralised courgettes for 1 min maximum (less, if you like your vegetables al dente).
- 5 Add mascarpone and heat through.
- 6 Plate noodles, then sprinkle parmesan over and serve immediately.

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