

## ZUCCHINI PASTA

### INGREDIENTS

2 Zucchini

1 Tbsp Olive Oil

1/4 cup Water

To taste Himalayan Salt

To taste Black Pepper

### METHOD

Peel the zucchinis.

Cut lengthwise slices from the zucchinis using a vegetable peeler, stopping when the seeds are reached. Turn zucchinis over and continue 'peeling' until all the zucchini is in long strips; discard the seeds. Slice the zucchini into thinner strips resembling spaghetti. Alternatively use a Spiraliser if you have one.

Heat the olive oil in a pan over medium heat; cook and stir the zucchini in the hot oil for 1 minute.

Add the water and cook until the zucchini is softened, 5 to 7 minutes, and remove.

Season with salt and pepper.

Serve with your favourite sauce or topping.

