

ZOODLES (ZUCCHINI NOODLES)



Chef Dom making zucchini noodles (zoodles).

Zucchini made into noodles is one of our favourites. We make them with a thing called a [Spiralizer](#) but you can also make with a julienne peeler. Works out fine to simply spiral them into noodles, chuck them into a pan, cook until tender (about 1-2 minutes with some coconut oil) remove from heat and put under whatever cooked meat or vegetables you like and serve with small amount coconut oil with salt and pepper to taste. Yummy.

However, if you are wanting to up your game on them to ensure zoodles that are absolutely “al dente” and not mushy then try the method set out below as described by Mel Joulwan the author of two of our favourite cook books: [Well Fed and Well Fed 2](#).

You can spiralise the zucchini in advance and store the raw zoodles in an air tight container in the fridge for up to 5 days. Instant “paleo pasta” whenever you need it!

Zoodles



Prep time

40 mins

Cook time

4 mins

Total time

44 mins

Super simple and fun replacement for traditional pasta that kids and adults alike love to make!

Author: Claire D

Recipe type: Dinner, Side Dish

Type of food: Gluten Free, Paleo

Serves: 2-4

What you need:

