

Parmesan Garlic Herb Zoodles

Yield: 4 servings

Prep Time: 15 minutes

Chill Time: 1 hour

Cook Time: 2-3 minutes

Ingredients:

3 long, thin zucchini

Freshly grated parmesan cheese

For the Garlic Herb Marinade:

Big pinch steak seasoning

2 tablespoons salted butter (softened to room temperature)

2 tablespoons extra virgin olive oil

2 tablespoons chopped fresh parsley

1 tablespoon finely minced fresh rosemary

1 tablespoon finely minced fresh thyme

2 garlic cloves, pressed or minced

Squeeze fresh lemon juice

1. Spiralize zucchini using the fattest noodle blade to create zoodles then add to a colander set inside a bowl. Lightly salt then toss with fingers to coat and place in refrigerator for 30 minutes to one hour to drain excess liquid. Remove zoodles from refrigerator then pat very dry with paper towels.
2. Meanwhile, add ingredients for Garlic Herb Butter in a small bowl then stir to combine and set aside.
3. Once zoodles are drained and pressed dry, heat a 12" skillet over medium-high heat. Add 2 tablespoons Garlic Herb Marinade then, once melted, add zoodles and sauté until crispy tender, 2-3 minutes, adding more marinade as desired. Turn off heat then grate small amount of parmesan cheese to taste. Serve immediately.