

C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



Serving: 1 Veg

## Ingredients

- -Zucchini- <sup>1</sup>/<sub>2</sub> cup
- -Basil leaves- 1 tbsp.
- -Salt to taste
- -Pepper to taste
- -Cherry tomatoes- 2 (optional) OR use Bell pepper slices
- -Walnuts- 1 tsp chopped.
- -Olive oil  $\frac{1}{2}$  tsp.
- -Feta cheese- 1 tbsp

## Preparation Method

- Use a spiral maker to get zucchini noodles aka zoodles. If you don't have, you can also simply dice up the zucchini.
- Add oil to the pan and zucchini. Set it on medium heat. Add a dash of salt & pepper.
- Cut the cherry tomatoes in halves and add them to the pan. Also add 1 tsp. walnuts.
- Give it a nice toss. Garnish with basil leaves, and feta cheese.
- Ready. Enjoy!