

# SAUTÉED ZUCCHINI RIBBONS WITH LEMON AND GARLIC

## INGREDIENTS

- 2 tbsp. olive oil
- 2-3 large cloves of garlic
- 1/4 tsp. chili flakes - adjust to taste
- 2-3 medium zucchini - ribboned with a peeler
- 1 Lemon zest
- 1/4-1/2 tsp. sea salt - more to taste
- A squeeze of lemon juice
- Black pepper to taste



## PREPARATION

1. Sauté garlic and red pepper flakes for 1 minute on medium heat until just softening.
2. Add zucchini ribbons and cook for 1-2 minutes more - until just slightly wilted.
3. Add in lemon zest and sea salt and mix gently.
4. Add a squeeze of lemon juice and a few grinds of black pepper.
5. Optional garnish - basil and cherry tomatoes.
6. Enjoy!

