

ZUCCHINI NOODLES WITH LEMON PARSLEY TUNA



SERVING SIZE

2



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Extra Virgin Olive Oil	1 Tbsp.	Freshly Chopped Parsley	2 Tbsp.
Garlic Clove, Minced	1	Lemon (Juice and Zest)	½
Red Pepper Flakes	1 Pinch	Tuna in Water, Drained	1 Can
Zucchini, Spiralized	2 Cups	Capers	¼ Cup



PREPARATION

- Heat the olive oil in a pan over medium heat.
- Add the minced garlic and red pepper flakes. Cook for about 1 minute, stirring, until fragrant.
- Add the spiralized zucchini to the pan. Sauté for 2-3 minutes until slightly tender but still firm.
- Stir in the parsley, lemon juice, and lemon zest. Mix everything together well.
- Add the drained tuna and capers. Gently toss to combine and warm through.
- Season with a little salt and pepper, if desired.
- Serve immediately and enjoy this healthy, flavorful meal!