

Zucchini Noodles

Learn to make perfect zucchini noodles (zoodles) with this easy recipe. Low-carb, gluten-free, and ready in 15 minutes. Perfect pasta alternative!

10 min

PREP

6 min

COOK

16 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Zucchini Noodles

Ingredients

- 2 zucchini
- 1 tbsp olive oil
- 1 tsp garlic
- 1 pinch rock salt
- 1 pinch black pepper
- 1 cup parmesan cheese
- 3 leaf parsley

Instructions

- 1 Prepare the zucchini**

Wash 2 zucchini under cold running water and pat dry with paper towels. Trim 1/4 inch from both ends of each zucchini using a sharp knife.
- 2** Use a spiralizer, vegetable peeler, or julienne peeler to create long, thin noodle-like strips from the zucchini. Place the zucchini noodles on paper towels.
- 3** Sprinkle 1 pinch of salt over the zucchini noodles and let sit for 10 minutes to draw out excess moisture. Pat the noodles completely dry with clean paper towels.
- 4 Cook the zucchini noodles**

Heat 1 tablespoon olive oil in a large skillet over medium heat until the oil shimmers, about 1 minute.
- 5** Add 1 teaspoon minced garlic to the hot oil and sauté for 30 seconds until fragrant but not browned.
- 6** Add the dried zucchini noodles to the skillet and toss with tongs for 2-3 minutes until just tender but still slightly crisp.
- 7 Finish and serve**

Season with 1 pinch of black pepper and additional salt to taste. Remove from heat and immediately top with 1 cup grated Parmesan cheese and 3 fresh basil leaves. Serve hot.

Tips

Salt your spiralized zucchini and let it sit for 10-15 minutes before cooking, then pat dry with paper towels. This removes excess moisture and prevents soggy noodles.

Don't overcook your zoodles – they should be tender but still have a slight bite. Sauté for no more than 3-5 minutes to maintain the best texture.

Keep the skin on your zucchini when spiralizing. The skin adds nutrients, color, and helps the noodles hold their shape during cooking.

Choose firm, medium-sized zucchini for the best results. Oversized zucchini tend to be watery and seedy, which can make your noodles mushy.

If your spiralized noodles are too long, use kitchen scissors to cut them into more manageable lengths before cooking or serving.

Cook zoodles with the lid off to allow steam to escape, which helps prevent excess moisture from making them soggy.

For meal prep, spiralize zucchini up to 3 days ahead and store between paper towels in the refrigerator to absorb moisture.

Save zucchini scraps from spiralizing – blend them into smoothies, soups, or use them in baked goods like zucchini bread.