

Keto Vegan "Zoodles"

Hands-on 10 minutes Overall 15 minutes

Nutritional values (per serving): Total carbs: 19.8 g, Fiber: 11.4 g, **Net carbs: 8.4 g**,

Protein: 6.3 g, Fat: 41.7 g, Calories: 449 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

4 medium zucchini (one per serving), sliced using a julienne peeler or [vegetable spiralizer](#) (800g / 1.8 lb / 28.2 oz)

1/2 cup [Paleo Avocado Pesto](#) (125g / 4.4 oz)

2 average avocados (400g / 14.2 oz)

1 cup kalamata or other types of olives, pitted (100g / 3.5 oz)

1/4 cup sun-dried tomatoes, drained, 4-6 halves (28g / 1 oz)

1/4 cup fresh basil

2 tbsp [extra virgin coconut oil](#) (28g / 1 oz)

1/4 tsp salt or more to taste (I like [pink Himalayan](#))

Note: When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

1. Using a spiralizer, create zucchini "noodles". Chop the soft core of the zucchini and add it to the zoodles. If your zoodles tend to get mushy, try this technique from Mellissa at [The Clothes Make The Girl](#). *Note: If you don't have a spiralizer, you can use a julienne peeler and peel the zucchini all around until you get to the soft centre.*
2. Place the zoodles (in batches if needed) on a pan greased with coconut oil and cook briefly for 2-5 minutes. The exact time depends on how tender you prefer the zoodles to be.
3. Peel and halve the avocado. Remove the seed and slice it into stripes. Drain and chop the sun-dried tomatoes and drain the olives.
4. Take the zoodles off heat and spoon in the pesto. Mix until well combined and season with salt.
5. Place on a serving plate and top with tomatoes, olives, avocado and fresh basil. Enjoy!

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