

Keto Vegan Pesto Zoodles

Hands-on 10 minutes Overall 15 minutes



Nutritional values (per serving, about 2 cups): Total carbs: 19.8 g, Fiber: 11.4 g,

Net carbs: 8.4 g, Protein: 6.3 g, Fat: 41.6 g, Calories: 452 kcal,

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

Ingredients (makes 4 servings)

- 4 medium zucchini, spiralized (800 g/ 1.8 lb)
- 1/2 cup [Paleo Avocado Pesto](#) or [Cheesy Vegan Pesto](#)(125 g/ 4.4 oz)
- 2 average avocados (400 g/ 14.2 oz)
- 1 cup pitted kalamata olives or other olives (100 g/ 3.5 oz)
- 1/4 cup sun-dried tomatoes, drained and sliced (28 g/ 1 oz)
- 1/4 cup fresh basil
- 2 tbsp virgin [coconut oil](#) or olive oil (28 g/ 1 oz)
- 1/4 tsp sea salt, or to taste

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Instructions

1. Using a spiralizer, create zucchini "noodles". Chop the soft core of the zucchini and add it to the zoodles. 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. Serve immediately or store in the fridge for up to a day. Reheat before serving.

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