Healthy Zucchini, Prosciutto & Goat Cheese Bowl

Hands-on 30 minutes Overall 40 minutes

Nutritional values (per serving): Total carbs: 10.8 g, Fiber: 3.5 g, **Net carbs: 7.2 g**,

Protein: 18 g, Fat: 27.1 g, Calories: 353 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 2 servings)

2 tbsp extra virgin olive oil (30 ml)

3 garlic cloves

3/4 cup sliced cherry tomatoes (113 g/ 4 oz)

1 tsp balsamic vinegar

pinch of sea salt

1/8 tsp cracked black pepper

2 medium zucchini (370 g/ 13 oz)

1 small piece goats cheese (60 g/ 2.1 oz)

4 slices prosciutto (60 g/ 2.1 oz)

1 cup shredded dark-leaf kale (50/ 1.8 oz)

15-20 basil leaves

Instructions

1. Preheat the oven to 180 °C/ 355 °F (fan assisted). Line a baking tray with grease proof paper. Add the tomatoes, olive oil, balsamic, salt and pepper. Roast for 25 minutes. Add the garlic and roast for a further 8 – 10 minutes until soft.

2. Line a clean baking tray with greaseproof paper. Add the prosciutto slices and bake in the oven for 5 – 7 minutes until crisp. Turn halfway for even cooking. Once cooked, remove from the oven and allow to cool.

3. Make the zucchini noodles using a spiralizer or julienne peeler.

4. Shred the kale in a food processor or finely slice.

5. Meanwhile slice the goat's cheese. Place on a clean greaseproof lined roasting tray and bake for 5 – 7 minutes until the cheese starts to melt.

6. Add the zucchini noodles, kale and half the basil to the roast tomatoes and gently toss. Roast in the oven for 3 minutes to warm through.

7. Break the prosciutto slices into smaller pieces. Place the noodles in a bowl and top with prosciutto crisps, baked goats cheese,

remaining basil and a sprinkling of cracked black pepper.

8. Best when served fresh but can be stored in the fridge for 1 day.

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