

# Low-Carb Pumpkin, Sage & Browned Butter Zoodles

Hands-on 15 minutes Overall 40 minutes

**Nutritional values (per serving):** Total carbs: 16.3 g, Fiber: 3.2 g, **Net carbs: 13.1 g**, Protein: 6.1 g, Fat: 31.3 g, Calories: 352 kcal,

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



## Ingredients (makes 6 servings)

- 1/2 medium pumpkin such as delicata or Hokkaido (800 g/ 1.8 lb)
- 1 stick butter (113 g/ 4 oz)
- 3 tbsp fresh sage or 2-3 tsp dried sage
- 1 small yellow onion, chopped
- 1 clove of garlic, minced
- 1 cup [chicken broth](#) or vegetable stock (240 ml/ 8 fl oz)
- 1 tsp sea salt, or to taste
- 4 medium zucchini (800 g/ 1.8 lb)
- 6 tbsp shaved or grated Parmesan or cheese of choice (30 g/ 1.1 oz)
- 6 tbsp [extra virgin olive oil](#) (90 ml/ 3 fl oz)

## Instructions

1. Wash and pat dry the squash, sage and zucchini.
2. Pull the larger leaves off the sage and sit aside. Finely chop the remaining sage.
3. Melt the butter in a saucepan and add the sage. Wait until the sage crisps up and then remove the whole leaves (leaving the chopped sage in the saucepan) and drain on a paper towel.
4. Stir the butter over med-high heat until it foams. Continue stirring, watching the colour of the butter beneath the foam until it turns a rich, dark brown.
5. Remove from the heat and add the finely diced onion and the garlic. Let them sit in the hot butter while you prepare the pumpkin.
6. Peel the pumpkin, remove the seeds and cut into cubes. Some types of winter squash like Hokkaido do not require peeling.
7. Place pumpkin in the pot, along with the broth. Bring to the boil and then reduce to a simmer. Simmer gently for about 10-15 minutes or until pumpkin is soft.
8. Using a hand blender, blitz the mixture until it forms a smooth sauce.

9. Prepare your zoodles in the way that you prefer (use a julienne peeler or a spiralizer). Toss them through the sauce. You can either serve them raw or cook them in the sauce for 2-5 minutes.
10. Serve topped with the fried sage leaves and some shaved Parmesan. Drizzle with olive oil.
11. Store sauce in a covered container, for up to five days.

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