Low-Carb Zucchini & Mint Salad

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving): Total carbs: 5.3 g, Fiber: 1.7 g, **Net carbs: 3.5 g**, Protein: 1.9 g, Fat: 7.3 g, Calories: 88 kcal,

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

Ingredients (makes 4 servings)

2 large zucchini (600 g/ 1.3 lb)

2 tbsp extra virgin olive oil (30 ml)

1 tbsp fresh lemon juice

salt and pepper, to taste

1 tbsp chopped mint

1/4 tsp chile flakes

1 tsp fresh lemon zest

Instructions

1. Prepare all the ingredients. Using a vegetable peeler, cut the zucchini into thin ribbons. Place in a serving bowl.
2. Combine lemon juice, olive oil and shredded mint in a small bowl and mix well.
3. Add to the zucchini ribbons, season with salt and pepper and toss through thoroughly.
4. Garnish dish with a scatter of chilli flakes and some lemon zest.
5. Store in the refrigerator, covered for two days.

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