

Low FODMAP Zucchini Pasta with Cabbage & Parmesan Salad

Serves: 2

Prep: 5 minutes

Cook: 5 minutes



Ingredients	Metric	Imperial
1 small zucchini, cut into strips like spaghetti	100 g	3.5 oz
2 tsp olive oil	9 g	0.3 oz
½ clove garlic, sliced	1.5 g	0.05 oz
2 anchovies, sliced	2 g	0.07 oz
¼ tsp salt or as desired	1 g	0.03 oz
1 tbsp parmesan, grated	20 g	0.7 oz
1 cup thinly sliced cabbage (common or red cabbage – see note above)	90 g	3.2 oz
⅓ cup grated carrot	17 g	0.6 oz
2 tsp parmesan	10 g	0.4 oz
2 tsp olive oil	9 g	0.3 oz
1 tsp apple cider vinegar	5 g	0.2 oz
Salt and pepper to taste		

Method

1. Heat oil in small fry pan.
2. Add sliced garlic and heat for 1 minute to add flavour into the oil.
3. Remove garlic slices from pan and discard.
4. Add anchovies and chilli and heat for 2 minutes, stir.
5. Add zucchini and heat for 2 minutes, stir.
6. Transfer to a plate and stir through parmesan.
7. Add cabbage, carrot and parmesan to a bowl and combine.
8. Add olive oil, vinegar and salt and pepper.

Nutrition Information (per serve)	
Energy	710 Kj / 170 cal
Protein	7.10g
Carbohydrates	2.50g
Sugar	3.90g
Total Fat	14.20g
Saturated Fat	4.60g
Fibre	2.00g