

Pesto Zoodles with Poached Egg

4 SERVINGS 20 MINUTES



INGREDIENTS

- 4 Zucchini (large, peeled)
- 1 cup Basil Leaves
- 1 cup Baby Spinach
- 1 Garlic (clove, minced)
- 1/3 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1/2 tsp Sea Salt
- 4 Egg

NUTRITION

AMOUNT PER SERVING

Calories	272	Iron	2mg
Fat	24g	Vitamin D	41IU
Carbs	8g	Folate	95µg
Fiber	2g	Magnesium	55mg
Protein	9g	Zinc	1mg
Vitamin C	44mg		

DIRECTIONS

- 01 Spiralize your zucchinis into noodles and set aside.
- 02 In a food processor combine basil, spinach, garlic, olive oil, lemon juice and sea salt. Blend until smooth. This is a nut-free pesto alternative.
- 03 Fry the eggs in a skillet or poach them in a small sauce pan with water and vinegar. Transfer them to a plate lined with paper towel.
- 04 You can serve this dish in two ways: For a cold dish, toss zucchini noodles in desired amount of pesto alternative, top with a fried or poached egg and serve. Or, for a warm dish, heat olive oil in the skillet and saute noodles until warmed through, add pesto and mix. Transfer to bowls and top with a fried egg. Enjoy!

NOTES

RECIPE ID 504

MEAT LOVER

Skip the poached egg and top with chicken, bacon or steak instead.