

# Loaded Zucchini Pasta



Serves 2

Ingredients:

- 3 small zucchini, cut into "noodles" using a spiralizer or vegetable peeler
- 2 tablespoons olive oil
- 3-4 anchovies
- 2 cloves of garlic
- Handful of capers
- Handful of pitted black olives
- Chili flakes

Adapted from [TheLondoner.me](http://TheLondoner.me)

- 1 (15 ounce) can of tomatoes
- Parmesan cheese

Instructions:

1. Place sauté pan over medium-high heat.
2. Add olive oil, enough to coat the bottom. Crush two cloves of garlic into the oil. Add anchovies; they should start to disintegrate in the oil. Cook until the garlic is browned and soft. Add a sprinkle of chili flakes to the sizzling oil.
3. Roughly chop up your black olives and capers and add them to the pan. Allow to simmer for a few minutes.
4. Add canned tomatoes and simmer for another few minutes, stirring occasionally. Set aside to cool.
5. Toss the sauce through the zucchini, and top with freshly grated Parmesan.

Nutrition per serving: Calories 303; Total Fat 21.4 g; Saturated Fat 4.6 g; Monounsaturated Fat 12.6 g; Polyunsaturated Fat: 2.6 g; Total Carbohydrates 21.3 g; Dietary Fiber 8.3 g; Sugar Alcohols 0.4 g; Sugars 12.8 g; Protein 11.9 g; Sodium 1338 mg