

Garlic Parmesan Zoodles (4 Ingredient, 10 min)

 Prep Time 5 minutes

 Cook Time 5 minutes

 Total Time 10 minutes

 Servings 2

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4.75 from 12 votes

Ingredients

- 2-3 [medium zucchini](#) spiralized
- 2 Tablespoons butter
- 2-3 large cloves garlic minced
- 1/3 cup parmesan cheese grated
- salt & pepper to taste

Instructions

1. Spiralize zucchini into thin noodles using a spirizer.
2. Heat large pan on medium-high heat. Melt butter, then add garlic. Cook garlic until fragrant (about 1-2 minutes) Be careful not to burn garlic.
3. Add the zucchini noodles and grated parmesan cheese and salt & pepper to taste. Cook for 1-2 minutes or just until the zoodles are al dente.
4. Remove from heat and serve immediately. Top with more parmesan if desired.

Notes

***After spiralizing zucchini**, place spiralized zucchini on a few paper towels and sprinkle with a light layer of salt. Cover with another paper towel and rest for a few minutes. This will help draw the liquid out of the zucchini. This step is optional but highly recommended.