

ZUCCHINI NOODLES WITH AVOCADO DRESSING

4 medium zucchini

1 avocado

1 ½ tablespoons lemon juice

small handful basil leaves

2 tablespoons olive oil

1 clove garlic, crushed

pinch of dried red chilli flakes

sea salt and black pepper

½ cup black olives

1 punnet cherry tomatoes, halved

2 tablespoons pine nuts



Use a spiraliser to make noodles with the zucchini.

Place the avocado, lemon juice, olive oil, basil and garlic into a food processor. Process until very smooth. Add the chilli flakes and season generously with the salt and pepper.

Toss noodles in a bowl with the dressing just prior to serving. Stir through the olives and tomatoes.

Garnish with pine nuts and additional basil leaves.