



Zucchini spaghetti with lemon sauce

7-Ingredient weeknight dinners

The zucchini spaghetti, combined with lemon sauce, represents the true taste of spring for me. It is a light and wonderful weeknight dinner.


Ingredients


- 1 chili (small)
- 40 g olives
- 20 g sundried tomatoes (in oil)
- 3 zucchini
- 50 ml vegetable stock
- 40 g pine nuts
- 0,5 lemon (zest)
- 0,5 lime (zest and juice)
- 1 tbsp olive oil
- olive oil for frying
- salt
- pepper

Kitchen and more


- knife
- cutting board
- spiral slicer
- pan
- fine grater


1 Finely dice chili. Roughly chop olives and tomatoes. Cut zucchini using a spiral slicer.

 knife, cutting board, spiral slicer

 1 chili, 40 g olives, 20 g sundried tomatoes, 3 zucchini
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2 In a pan, sauté zucchini over medium heat in some olive oil. Add vegetable stock and continue to sauté for approx. 5 – 7 min. until softened.

 pan


 50 ml vegetable stock, olive oil for frying
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3 In a separate, grease-free pan, toast the pine nuts over medium heat for approx. 2 – 3 min. Then, add the chili, tomatoes, and olives and continue to sauté for an additional 2 – 3 min.

 pan, cooking spoon

 40 g pine nuts
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4 Add lemon zest and lime zest and juice to pan.

 fine grater

 0,5 lemon, 0,5 lime
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5 Add zucchini to pan. Season with salt and pepper. Add some olive oil and stir well to incorporate. Enjoy as a light, Mediterranean dinner!

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 1 tbsp olive oil, salt, pepper
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