

Zucchini "Spaghetti" alla Puttanesca

Al dente texture, low carb and gluten-free, there's a lot to love about zucchini "pasta." Particularly when it's paired with a classic olive and caper Puttanesca sauce. We're serving it topped with shredded Parmesan and fresh parsley. Simple and delicious, just the way dinner should be.

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Zucchini Spaghetti

Onions & Garlic

Puttanesca Base

Parmesan Cheese &

Parsley

Grape Tomatoes

Good to Know

Health snapshot per serving – 193 Calories, 9g Protein, 5g Fat, 2 Freestyle Point

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Zucchini, Tomato, Onion, Olives, Parmesan, Garlic, Parsley, Black Pepper, Crushed Red Pepper.

meez *meals*

1. **Cook the Zucchini Spaghetti**

Heat 1 Tbsp olive oil in a large skillet over high heat.

Dry the **Zucchini Spaghetti** with a paper towel. When the oil is very hot, place the zucchini in the pan in a single layer spread evenly across the entire skillet. Cook, without stirring, until the zucchini are slightly charred, 2 to 3 minutes. Remove from the pan and set aside.

2. **Make the Puttanesca Sauce**

Return the skillet to the stove (without wiping it out) with 1 Tbsp olive oil. Turn the stove down to medium-high heat.

Place the **Grape Tomatoes** into a ziplock bag and seal tightly. Using your hands, squish the tomatoes until they burst. Carefully pour the entire contents of the ziplock bag into the skillet and cook until the tomatoes start to brown, about 3 minutes.

Stir in the **Onions & Garlic** and sauté until the onions start to caramelize, 3 to 5 minutes.

Add the **Puttanesca Base** and bring to a boil. Remove from the heat and stir in the zucchini spaghetti.

3. **Serve and Enjoy!**

Place in serving bowls and sprinkle with the **Parmesan Cheese & Parsley**.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois