

MARLEY SPOON



Zoodle Marinara

 20-30min  2 Portions

Many of us made a New Year's resolution to eat well in order to live well. Some of us have stuck to our guns and are sailing smoothly, but some of us have lost our way a little and this recipe put us right back on track. It's low-carb, low-fat and low-calorie... a perfect trifecta.

What we send

- birds eye chilli, parsley, garlic
- crushed tomatoes
- capers
- onion
- marinara mix ⁴
- zucchini

What you'll require

- olive oil
- salt and pepper

Utensils

- large frypan
- medium frypan
- paper towel

Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

If you don't want to spiralise the zucchini, this recipe will work just as well with zucchini batons or sliced into 1cm circles.

Allergens

Fish (4). May contain traces of other allergens.

Nutrition per serving

Energy 375.0kcal, Fat 14.7g, Proteins 37.8g, Carbs 18.7g



1. Make zoodles

Using a spiraliser, mandoline or shredder, cut the **zucchini** into noodles (or thinly slice the zucchini lengthwise, then in batches, stack a few slices on top of each other and cut into thin noodles) (see cooking tip). Drain on paper towel.



2. Prepare ingredients

Drain the **marinara mix** in a colander, discarding any excess liquid. Finely chop the **onion, garlic** and **chilli** (remove seeds for less heat, if preferred).



3. Start cooking

Heat 2 tsp **oil** in a medium frypan over medium heat. Cook the **onion, garlic, chilli** and **capers**, stirring, for 4-5 mins until softened.



4. Add tomatoes

Add the **tomatoes** and bring to a simmer. Simmer for 4-5 mins, allowing the flavours to infuse.



5. Add marinara

Meanwhile, pick the **parsley** leaves (discard stems) and coarsely chop, reserving a few leaves for garnish. Add the **marinara mix** to the **sauce** and simmer for 3-4 mins until just cooked. Stir in chopped **parsley**. Season to taste with **salt and pepper**.



6. Cook

Meanwhile, heat 2 tsp **oil** in a large frypan over high heat. Cook the **zoodles** for 1-2 mins until tender. Drain well on paper towel to absorb any liquid. The cooking time will depend on the thickness of your zoodles. Divide between 2 bowls. Top with **marinara sauce** and scatter over the reserved **parsley** leaves.