

A close-up photograph of a light blue ceramic bowl filled with a low-carb meal. The dish consists of spiralized zucchini noodles (zoodles) coated in a vibrant green avocado-based sauce. The noodles are garnished with several pieces of cooked salmon, which are flaked and appear to have a light sear. The bowl is set against a neutral, light-colored background, and the lighting is bright, highlighting the textures of the ingredients.

**LOW CARB AVOCADO
CARBONARA**

LOW CARB AVOCADO CARBONARA



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
278 kcal
22g Fats
4g Carbs
16g Protein



GF

LC

V

WHAT YOU NEED

- 2 medium zucchinis
- juice of half a lemon
- 5/8 cup (140g) bacon, cut into strips
- 2 garlic cloves, sliced
- 2 medium avocados
- 5/8 cup (60g) Parmesan cheese, grated
- 3/4-1 cup (175-250ml) water, hot

WHAT YOU NEED TO DO

Spiralize the zucchini and place them in a bowl, drizzle with lemon juice.

Heat a dry non-stick frying pan and fry the bacon strips for 8 minutes on medium heat until golden brown and crispy. Add in the garlic and fry for another 1 minute then set aside.

Cut the avocados in half, remove the stone and scoop out the flesh with a spoon. Place the avocado with half Parmesan cheese in a blender, add water and season with salt and pepper. Purée until smooth.

Mix the avocado puree and bacon through the zoodles (zucchini noodles), divide onto four plates and sprinkle with the rest of the Parmesan to serve.