

# RECIPE

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Halo Nourish

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## Veg Zoodles With Chickpeas Hummus

CATEGORY

Desserts

PREP TIME : 0 Hrs 30 Mins

COOK TIME : 0 Hrs 15 Mins

SERVES : 2

TOTAL TIME: 0 Hrs 45 Mins

## INGREDIENTS

1. 2 medium Cucumber
2. 1/2 cup Cherry Tomatoes
3. 1/2 cup Chickpeas Hummus
4. 2 tablespoons Olive Oil
5. 2 cloves Garlic
6. to taste Salt

## DIRECTIONS

1. Using a spiralizer, make zoodles from zucchinis.
2. In a pan, saute veggies with garlic, can use olive oil for this purpose
3. Add cherry tomatoes and cook for 2 minutes.
4. Add zoodles, chickpeas hummus, and salt. Cook for 5-7 minutes until zoodles are tender.

5. Serve hot, garnish with fresh herbs if desired.



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