

**LEMONY ZUCCHINI "ZOODLE" SALAD WITH PARMESAN  
by radish\*rose**

Adapted from [PureWow](#)

**Ingredients for 2 servings:**

2 zucchinis, peeled

1 tablespoon fresh thyme, chopped (try to get fresh, but if you can't, use 1 tsp. dried)

1 tablespoon fresh oregano, chopped (or 1 tsp. dried)

1 large lemon, zested and juiced

½ cup extra-virgin olive oil

1 tablespoon Dijon mustard

Flaky sea salt (such as Maldon) and freshly ground black pepper

Parmesan shards, to taste (diced feta would also be super good)

4 sliced hard-cooked eggs, optional

**Equipment:** A [spiralizer](#) or vegetable peeler to make the zoodles, small bowl or jar with tight-fitting lid to make dressing, two pretty dinner plates for plating

**Method:**

**Make the "zoodles":** Use your spiralizer on the small setting (or whatever you prefer) to make spiralized zoodles, or use a vegetable peeler to make long ribbons of zucchini. (I don't have a cute name for these though. Zibbons?) Arrange on two dinner plates. Sprinkle each with a pinch of sea salt and a couple twists of freshly ground pepper.

**Make the dressing:** In a small bowl or jar with a tight-fitting lid, combine the thyme, oregano, lemon juice and zest, olive oil, Dijon mustard, and a pinch each of salt and pepper. Whisk (if using bowl) or shake (if using jar) till well-blended. (If you are using fresh herbs, alternatively you could sprinkle them over the zoodles instead of putting them in the dressing. The dried herbs need to be in the dressing to plump up, though.)

**Assemble the dish:** Drizzle the dressing over your plated zoodles. Arrange Parmesan shards or diced feta to taste. If using eggs, arrange sliced eggs prettily over the top, and sprinkle them with a little more salt and pepper. Enjoy!

Original post: <http://radishrose.net/2014/07/27/lemony-zucchini-zoodle-salad-with-parmesan>

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