

ZOODLES WITH STEAK AND SUGO

Preparation time: 15 minutes

Servings: 1 serve

120g scotch fillet, sliced thinly

Zucchini, medium size (approx 200g), spiralised

¼ cup passata or tomato sugo

Preferred shortening – butter, olive oil, ghee, lard, coconut oil

1. Heat frypan with preferred shortening until hot
2. Fry sliced scotch fillet, turning often until just cooked. This should only take a few minutes.
3. Remove meat from pan and place zucchini noodles in pan and stir fry with a little extra shortening and a few pinches of salt.
4. Turn constantly until softened then add passata/sugo.
5. Turn to combine and heat then add cooked steak to pan along with seasoning.
6. Serve with freshly grated parmesan cheese.

Recipe courtesy of Simply Swap Foods – specialists in everything low-carb/sugar-free

www.simplyswapfoods.com.au

Follow us on Facebook and Instagram

<https://www.instagram.com/simplyswapfoods>

<https://www.facebook.com/simplyswapfoods>

@simplyswapfoods