

Keto Courgettes (Zucchini) with Lemon, Butter and Parsley Sauce is simple to prepare and is an excellent accompaniment to rich chicken and veal dishes. One of my favorite sides. Hope you love it too!

Servings - 4

Prep Time - 10 Mins | Cook Time - 15 Mins | Total Time - 25 Mins

Difficulty - Easy



Cuisine - French

RECIPE

KETO COURGETTES (ZUCCHINI) WITH LEMON, BUTTER AND PARSLEY SAUCE

EQUIPMENT

[Cup and Spoon Measures](#)

[Disc Kitchen Scale](#)

[Mixing Bowls](#)

[Spatula](#)

[Large Frying Pan](#)

[Turner Spatula](#)

[Medium Sharp Knife](#)

[Chopping Board](#)

[Lemon/Fruit Juicer](#)

[Serving Tray](#)

INGREDIENTS

8 Courgettes [zucchini], trimmed, cleaned and blanched

90 g Butter

[2 Tbsp Virgin Olive Oil](#)

2 Tbsp lemon juice

[1/2 Tsp Sea Salt, Flakes](#)

[1/2 Tsp White Pepper \(ground\)](#)

3 Tbsp chopped fresh parsley

METHOD

Slice the courgettes [zucchini] into 1/2 -inch slices, crosswise, and dry them thoroughly on kitchen paper towels.

In a large frying-pan, melt two-thirds of the butter with the olive oil over moderate heat. When the foam subsides, add the courgette [zucchini] slices to the pan and cook them for 8 to 10 minutes, stirring occasionally to prevent them from sticking to the bottom of the pan.

Add the lemon juice, salt and pepper to the courgettes [zucchini] and stir in the remaining butter and the parsley. When the butter has melted, transfer the mixture to a warmed serving dish and serve immediately.

SERVING SUGGESTIONS

Delicious served with chicken and veal dishes.

STORAGE

Store in an airtight container for 2 or 3 days.

NUTRITION FACTS

Per serving : 63 g | Calories 182 | Protein 1.5 g | Fat 19.3 g | Carbs 1.6 g | Fiber 0.4 g
Net Carbs : 1.2 g

LOW CARB - KETO - SUGAR FREE - GLUTEN FREE - VEGETARIAN

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