

**Recipe makes**  
4 servings

**Prep time**  
50 minutes

## NUTRITION INFO PER SERVING (1/4 recipe)

**Calories** 70

**Protein** 1.9 g

**Phenylalanine** 77 mg



## INGREDIENTS

### Noodles:

- 1 medium-sized zucchini
- 1 medium-sized carrot, peeled
- 1 large red bell pepper, finely sliced
- 2 spring onions, chopped
- 2 Tbsp fresh cilantro, finely chopped
- 1 medium-sized tomato, diced

### Dressing:

- 3 Tbsp canned coconut milk
- 1 Tbsp lemon juice
- 1 Tbsp mango chutney
- 1 clove raw garlic, finely chopped
- 1 Tbsp orange juice
- A pinch chilli powder (optional)\*

## DIRECTIONS

### For the noodles:

- 1 Using a spiralizer, make zucchini and carrot "noodles"; place in a medium-sized bowl.
- 2 Add red pepper, onions, cilantro, and tomato to spiralized vegetables; mix and set aside.

### For the dressing:

- 1 Mix all dressing ingredients together and pour over the vegetable mixture.
- 2 Place in refrigerator and chill for at least 30 minutes to allow the flavors to develop.

### TOP TIPS

If you do not have a spiralizer, you can use a vegetable peeler to create desired result. Another option is you can purchase spiralized zucchini and carrot at the supermarket.

You can add fresh chillies to increase the heat of this dish.

**\*Please note:** optional ingredients are not included in the nutrition analysis.

**This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.**

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

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