SPANISH · SIDE

Spanish Garlic Zucchini

Calabacín al ajillo

45 min · Serves 4 · 115 kcal a serve · Video 9:05 · Spain on a Fork

Vegan · Paleo · Gluten-free ingredients · No nuts listed

Only 4 g net carbs a serve: zucchini pan-fried in olive oil and finished with a pounded garlic and parsley sauce, with no flour or deep-frying.

Diet notes: Keto (3.6 g net carbs a serve).

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Ingredients 5 · SERVES 4

- [ ] 2 **zucchini**, cut into 1¼ cm slices
- [ ] **Salt**: sea salt (to draw out the water, plus a pinch in the mortar) and black pepper
- [ ] 6 **garlic** cloves, roughly chopped
- [ ] 15 g **fresh parsley**, chopped
- [ ] 3 tbsp extra **virgin olive oil** (2 for frying, 1 for the garlic)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Rinse and dry the zucchini and cut into 1¼ cm slices. Salt both sides, put them in a colander and leave exactly 30 minutes to draw out water, so they fry firm, not soggy. 1:00
2. Meanwhile pound the garlic and parsley with a pinch of salt in a mortar for 30–45 seconds and set aside. 2:12
3. Pat the zucchini dry with paper towels and season with pepper. Heat a large dry pan over medium-high heat for 2–3 minutes, then add 2 tbsp olive oil. 3:17
4. Fry the zucchini in a single layer, in two batches, about 2½ minutes a side until golden. Move to a serving dish. 4:19
5. Lower the heat, add 1 tbsp olive oil and stir the garlic-parsley mix for 20–30 seconds until fragrant. Spoon it over the zucchini. 6:15

> **Tip** Salting first is the key step; it keeps the slices firm and stops them soaking up oil.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
115 kcal	1.6 g	4.8 g	1.2 g	10 g	400 mg
480 kJ	3% of a day	3.6 g net · 2.6 g sugars	4% of a day	1.5 g saturated	17% of a day
		2% of a day		13% of a day	

Energy from net carbs 13% · protein 6% · fat 81% — fits keto: 3.6 g net carbs, 81% of the energy from fat

High in (20%+ of a day) Vitamin K 60% · Vitamin C 27%

Source of (10–19%) Vitamin B6 13% · Vitamin E 11%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=BLI9E_3vi5g. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/calabacin-al-ajillo