

Spaghetti di Zucchini (low fat dish)

- 2 zucchinis
- 1 squid
- 3 shrimps
- 3 scallops
- 2oz cherry tomatoes
- 2 tbsp chopped red onion
- Vegetable broth
- Himalayan pink salt
- 1 parsley
- 2 carrots
- 1 broccoli

Execution:

- Cut zucchini spaghetti
- In a frying pan cooked chopped red onion with some vegetable broth, add cherry tomatoes cut in half
- Cut fish and add to frying pan, add parsley
- Slice carrots and clean broccoli, then cook them in another frying pan with some vegetable broth
- At last, add to the fish and veggies pan the zucchini spaghetti and warm them up