



Zucchini Noodles

Ingredients

- 2 small (or 1 large) zucchini, spiralized with SpiralEZ
- 3 eggs
- 100g all-purpose flour
- 1/2 teaspoons salt
- 30g green onion (diced)
- 62.5ml water
- vegetable oil

Step

1. Marinate the zucchini spirals with salt for 5 minutes.
2. In a bowl, mix together the all-purpose flour, egg, water, green onion and the zucchini spirals.
3. Heat a slightly oiled frying pan over medium heat. Pour the batter onto the pan. Brown on both sides and serve hot.



翠玉瓜意粉

材料

翠玉瓜 --- 1 個；刨成幼絲
雞蛋 --- 3 隻
中筋麵粉 --- 100 克
鹽 --- 1/2 茶匙
蔥 --- 30 克；切粒
水 --- 62.5 毫升
油 --- 1 茶匙

做法:

1. 將刨成幼絲的翠肉瓜放於大碗中，加入鹽拌勻略醃 5 分鐘。
2. 然後將蔥粒、麵粉、雞蛋加入翠肉瓜絲中拌勻，逐次加入水至幼滑粉漿。
3. 中火燒熱平底鍋，落油，把粉漿倒進平底鍋內，煎至兩面呈金黃色，即成。