

## Marinated Zucchini Noodles

---

♥ [eatwell101.com/marinated-zucchini-noodles-recipe](https://eatwell101.com/marinated-zucchini-noodles-recipe)

Christina Cherrier

September 8, 2020

### Add to Meal Planner

© Eatwell101.com

Marinated Zucchini Noodles – These **marinated zucchini noodles** are the perfect addition to your summer grilling, or as a delicious, refreshing appetizer. Spiralized zucchini are tossed with fresh herbs, garlic, spices, white vinegar, and olive oil. It is super easy, you can even make these the night before. Enjoy!

See more >

### Ingredients list for the marinated zucchini noodles

---

- 2 medium **zucchini**, rinsed, ends trimmed off
- 1/2 teaspoons **kosher salt** (for the zucchini)
- 1/3 cup **olive oil**
- 4 tablespoons **white vinegar**
- 2 teaspoons **honey** (except for keto, low carb, and vegan diets)
- 3 cloves **garlic**, minced
- 1 teaspoon **kosher salt** (for the marinade)
- 1/3 teaspoon **red pepper flakes**
- 1/2 teaspoon **black pepper**, freshly ground
- 1 teaspoon **fresh basil**, finely chopped
- 1 teaspoon **fresh parsley**, finely chopped
- 1 teaspoon **fresh cilantro**, finely chopped

### Directions

---

1. To make the marinated zucchini: Spiralize the zucchini using a spiralizer. Transfer spiralized zucchini in a bowl, toss with salt, and let stand for 30 minutes.
2. In the meantime, prepare the marinade by mixing the olive oil with the rest of the ingredients.
3. Drain the salty water and gently squeeze out any remaining liquid from zucchini. Place in a bowl or a large mason jar. Add the marinade and mix well to combine
4. Transfer the **marinated zucchini noodles** to an airtight container, or keep in the same mason jar, and refrigerate overnight before serving to let the flavor meld. Enjoy!

### Tips for the marinated zucchini noodles

---

All you need are spiralized, or at least very thinly sliced zucchini and a marinade that comes together in a cinch! Here are a few tips to make this **marinated zucchini noodles recipe** even better:

- Spiralize the zucchini by yourself. It is a little more work, but you can control the length of the zucchini noodles. Store-bought zucchini noodles tend to break up very short and are full of short zucchini skins.
- Ensure your mason jar on the container is large enough to hold the zucchini without having the marinade spill everywhere!

## How to serve the marinated zucchini noodles

---

Serve these marinated zucchini noodles as a side with some grilled meat, or as an appetizer, or with a delicious cheese selection.

## How and how long to keep the marinated zucchini noodles

---

Marinated zucchini noodles will keep in an airtight container in a fridge for up to 7 days. If you have the patience to wait even for 3 days, you'll be amazed by its fantastic flavor! They are delicious even right away!

Shop

1029

OXO

2 Blade Handheld Spiralizer - \$25.00

## More zucchini recipes you might enjoy

---

- Teriyaki Zucchini Noodles
- Garlic Butter Steak Bites with Lemon Zucchini Noodles
- Crispy Garlic Parmesan Zucchini Fritters
- Mini Zucchini Pizzas

New: Meal Planner Plan your weekly meals instantly from anywhere on the web Try the Meal Planner!