

RECIPE OF THE WEEK

Zucchini Noodle Chicken Pesto Bowl

Ingredients

- 2 Tbsp olive oil
- 2 6oz boneless skinless chicken breasts
- 1P Salt
- ¼ teaspoon paprika
- 2 medium-large zucchini (to get 3 cups)

- 2 garlic cloves, sliced
- ¼ cup prepared basil pesto
- A hand full of cherry tomatoes, cut in half
- Some fresh basil leaves, thinly sliced, for garnish



Preparation

1. Sprinkle both sides of the chicken breast(s) with a little salt and paprika.
2. Heat 1 Tbsp of olive oil on high heat in a large sauté pan.
3. Place the chicken breasts in the pan and cook for a minute or two on each side, until well browned.
4. Set the heat to low and cover the pan
5. Cook for 2 to 5 more minutes (depending on the thickness of the breast) until the chicken is just cooked through.
6. Remove the chicken from the pan and let it rest while you make the zucchini noodles.
7. Use a spiralizer to make zucchini noodles.
8. Add another 1 Tbsp of olive oil to the pan you used to cook the chicken and heat it on high heat.
9. Add the zucchini noodles and the sliced garlic and sauté, stirring often, until the noodles begin to wilt.
10. Sprinkle with ¼ teaspoon of Ideal Protein salt while you cook the zoodles.
11. When they are just barely cooked or they are releasing moisture, remove them to a colander placed over a bowl to drain.
12. Slice or cut the chicken into bite-sized pieces.
13. Place the zucchini noodles in a serving bowl and toss with basil pesto.
14. Serve the zucchini noodles in bowls topped with chicken, tomatoes, and sliced fresh basil leaves.

