Zucchini Noodle Chicken Pesto Bowl

PREP TIME	COOK TIME	TOTAL TIME
10 mins	20 mins	30 mins

SERVINGS
2 servings

Ingredients

- 2 tablespoons extra virgin olive oil
- 1/2 pound boneless skinless chicken breasts
- Kosher salt
- 1/4 teaspoon paprika
- 2 medium zucchini (a little more than a pound)
- 2 garlic cloves, sliced
- 1/4 cup prepared basil pesto
- Handful cherry tomatoes, cut in half
- Several fresh basil leaves, thinly sliced, for garnish

Method

1. _____ the chicken breast:
   _____ both sides of the chicken breast(s) with a little salt and the paprika. _____ 1 tablespoon of olive oil on high heat in a large sauté pan. _____ the chicken breast(s) in the pan and cook for a minute or two on each side, until well browned.

   _____ the heat to low and cover the pan, _____ for 2 to 5 more minutes (depending on the thickness of the breast) until the chicken is just cooked through.

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_____ the chicken from the pan and let it rest while you make the zucchini noodles.

2. Make the zucchini noodles:
   Use a spiralizer to make zucchini noodles with the zucchini.

3. _____ the zucchini noodles, garlic:
   _____ another 1 tablespoon of olive oil to the pan you used to cook the chicken and heat it on high heat.
   _____ the zucchini noodles and the sliced garlic and sauté, stirring often, until the noodles begin to wilt. _____ with 1/4 teaspoon of salt while you cook the zoodles.
   When they are just barely cooked and if they are releasing moisture, _____ them to a colander placed over a bowl to _____.

4. _____ the chicken:
   Cut or slice the chicken into bite-sized pieces.

5. Toss the zucchini noodles with pesto:
   _____ the zucchini noodles in a serving bowl and toss with basil pesto.
   _____ the zucchini noodles in bowls topped with chicken, tomatoes, and sliced fresh basil leaves.

MATCH:

SPRINKLE	THE HEAT
CUT	SALT OR PEPPER
ADD	KETCHUP
LOWER	THE CHICKEN
CHOP	A CLOVE OF GARLIC

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