



Zucchini Noodle Chicken Pesto Bowl

PREP TIME

10 mins

COOK TIME

20 mins

TOTAL TIME

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.

- _____ 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