



# 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.

- \_\_\_\_\_ 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