



Keto Pesto Courgette Noodles with Chicken

Serves 4

4 courgettes, spiralised
1 lb. (450g) chicken breast,
chopped
2 tbsp. olive oil
4 tbsp. green pesto
2 cups (300g) cherry tomatoes,
halved
1/3 cup (30g) parmesan cheese,
grated
fresh basil, to serve
chilli flakes, to serve
salt & pepper

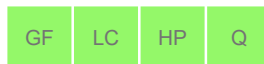
What you need to do

Make courgette noodles using spiralizer or a vegetable peeler.

Heat 1 tablespoon of olive oil in a large pan over medium heat. Season the chicken with salt and pepper and place the chicken in the pan for 8-10 minutes, ensuring it is cooked all over. Once the chicken is cooked through, transfer to a plate and set aside.

Next, cook the courgetti noodles. In the same pan, add the remaining tablespoon of oil, pesto, tomatoes and courgette noodles. Stir well, until the zoodles are coated with the pesto. Add the chicken back into the pan, along with the parmesan cheese and toss. Add more salt and pepper if necessary.

Serve with fresh basil and chilli flakes.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	338	19	11	32

*Nutrition per serve

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