

Pesto Zoodles Pasta

Serves 2 | Prep 10 min | Cook 8 min

PHOTO SPACE

Place finished meal photograph here

INGREDIENTS

- 3 large zucchini
- 2 tbsp olive oil
- 2 garlic cloves, sliced
- 120g basil pesto, preferably no added sugar
- 80g parmesan, grated
- 150g cooked chicken breast, sliced
- 2 tbsp toasted pine nuts
- ½ lemon, juice and zest
- Salt and black pepper
- Fresh basil

METHOD

1. Spiralise zucchini and pat gently dry.
2. Heat oil over medium-high. Cook garlic 30–45 sec.
3. Add zoodles and cook 2–3 min, keeping them slightly firm.
4. Reduce heat and toss through pesto, parmesan, lemon zest and chicken.
5. Season to taste.
6. Serve with pine nuts, basil and lemon juice.

THE TRICK

Don't overcook the zucchini. Two to three minutes keeps zoodles firm and prevents a watery sauce.

NUTRITION

Approx. per serve with chicken: 600–680 kcal | 42–48g protein | 42–48g fat | 9–12g net carbs