

## Chicken Pesto 'Pasta'

This is gluten free, and it fits into the keto/shake it criteria as a weight loss friendly recipe - it's a bit of a mix of 'Pete Evans' and 'Lola Berry'.....most importantly though, it's quick, easy and TASTY. Perfect for a 'whip up' week night dinner.

### Ingredients

2-3 Zucchini's  
Olive Oil  
2 Chicken Thighs

### Pesto

1 cup Nuts (I like using Macadamia's and Almonds - but it works with anything - Cashews, Pine nuts....or a mix of what you have in your pantry)  
1 Bunch Fresh Basil  
2 Garlic Cloves  
Juice and Zest on One Lemon  
Olive Oil  
Salt and Pepper

### Method

Make the Pesto first – simply add all the ingredients to a high powered blender/food processor and ‘WHIZZ’ (if you like it crunchy, don’t wizz too much – if you like it smooth, wizz to the max!)

Use the Zucchini to make you ‘pasta’. A ‘Vegetti’ works a treat (available from your local post office – would you believe it?!?!), or use a spiralizer/grater, or you can simply chop it finely.

Cook the chicken in a large fry pan (in Olive Oil).

Add the Pesto, stirring through the chicken for a couple of mins before adding the ‘Zucchini pasta’. Stir until the 'pasta' is heated.

Serve with love and joyous vibes at the absolute ease of this healthy masterpiece!

Hayley xx



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