ZUCCHINI NOODLES WITH CHICKEN AND CREAMY AVOCADO SAUCE

Serves 4

2 skinless, boneless chicken breasts cut into small cubes

6 large zucchini

5-10 sun dried tomatoes, diced (optional)

2 tbsp cooking Fat

Sea salt & ground pepper to taste

Sauce:

2 large avocados, peeled and pits removed

10 basil leaves

Juice of ¼ lemon

4 garlic cloves, sliced

½ cup full-fat coconut milk

Sea salt & ground pepper to taste

* Using a julienne peeler or spiral slicer, create noodles from the zucchini.
* Place the “zoodles” in a strainer, sprinkle with salt and mix.
* Let them sit for 15-20 minutes to drain some of the water content from the zucchini.
* After they have rested, gently pat them dry with paper towels.
* While the zucchini is sitting heat a pan over medium heat with 1 tbsp of cooking fat and add the chicken, season with salt & pepper.
* Cook the chicken in a large pan 6-8 minutes until the chicken is cooked through, transfer to a bowl and set aside.
* In a food processor combine the avocados, basil, lemon juice, garlic, coconut milk, and salt & pepper to taste, puree until smooth.
* Next heat 1 tbsp of cooking fat in the same pan over medium-high heat, once it is melted add the zoodles and cook for 5 minutes.
* Add in the sauce, chicken, and sun-dried tomatoes if using, and toss with kitchen tongs so everything is mixed well, cook another 2-5 minutes until the zoodles are just cooked through.
* Serve immediately.