



## Courgette Noodles with Cauliflower Chicken Alfredo

4 servings

30 minutes

### Ingredients

- 1/2 head Cauliflower (large, chopped into florets)
- 1 tsp Avocado Oil (divided)
- 1 Yellow Onion (small, chopped)
- 2 Garlic (cloves, minced)
- 1/4 cup Nutritional Yeast
- 1/2 cup Organic Coconut Milk (from the can)
- 2 tbsps Lemon Juice
- 3/4 tsp Sea Salt (divided)
- 567 grams Chicken Breast (boneless, skinless)
- 1 tbsp Rosemary (fresh, chopped)
- 1/4 tsp Garlic Powder
- 4 Zucchini (Courgette) (medium, spiralized into noodles)

### Nutrition

Amount per serving	
Calories	335
Fat	11g
Saturated	6g
Carbs	18g
Fiber	6g
Sugar	9g
Protein	41g
Cholesterol	103mg
Sodium	578mg
Potassium	1498mg
Vitamin A	448IU
Vitamin C	74mg

### Directions

- 1 Steam cauliflower for 10 to 12 minutes, or until soft.
- 2 In a pan over medium heat, add half of the avocado oil and the onion. Cook for 5 to 7 minutes, until cooked through, then lower the heat to low and add the garlic. Cook for 1 to 2 minutes more. Set aside.
- 3 In a blender, add the steamed cauliflower, onion, garlic, nutritional yeast, coconut milk, lemon juice and 3/4 of the sea salt. Blend on high until smooth and creamy. Set aside.
- 4 Season the chicken breast with rosemary, garlic powder and the remaining sea salt. In a pan over medium heat, add the remaining avocado oil. Then, add the chicken breast and cook for 8 minutes per side. Remove, let it rest for 2 to 3 minutes and then slice.
- 5 Plate the courgette noodles and top with sliced chicken and cauliflower alfredo sauce. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Season with black pepper or chili flakes.

**Additional Toppings:** Add chopped fresh parsley and extra lemon slices.

**Make it Vegan:** Omit the chicken breast and top with a veggie burger or tofu.

**Zucchini Noodles:** If you prefer cooked zucchini noodles, you can lightly cook them in the same pan as the chicken after it's done cooking. Once they're done, add everything to the pan to re-heat it.

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Calcium	76mg
Iron	4mg
Vitamin D	1IU
Vitamin E	1mg
Folate	104µg
Vitamin B12	34.1µg
Magnesium	87mg
Zinc	2mg
Selenium	33µg