

Dinner Creamy Avocado with Chicken & Noodles

Source: www.thepaleoway.com

Yield: 4 servings

Prep time: 20 Minutes

Ingredients:

- 4 boneless chicken thighs, skin on-or-skinless for less fat
- 2 tablespoons coconut oil or coconut oil spray for baking pan (to cook chicken)
- 1 litre (4 cups) chicken bone broth or salted water
- 4-5 zucchini, spiralized into thin noodles
- 1 large handful of baby spinach leaves
- 80 g (½ cup) pine nuts (activated if possible), toasted, plus extra to serve on top
- Chili flakes, to sprinkle on top

Avocado sauce:

- 2 avocados
- 1 handful of basil leaves
- 2 garlic cloves, finely chopped
- 4 tablespoons olive oil
- 3 tablespoons lemon juice
- sea salt and freshly ground black pepper



(Cooking directions on reverse side)

Directions:

1. Place the chicken between two sheets of baking paper and flatten with a mallet. Season the skin with salt. Skin-side down, place chicken onto baking sheet prepared with non-stick cooking spray. If you choose, you can also pan-fry the chicken in the coconut oil, although baking is a healthier alternative. Cook until the skin is crispy and golden brown. Flip the chicken over and bake-or-pan-fry until cooked through. Set chicken aside to cool slightly. When ready for serving, slice the chicken, keeping warm.
2. Bring the broth or salted water to the boil in a saucepan, add the zucchini noodles and cook for 20 seconds and drain. You can reserve this broth for another use.
3. Gently mix the avocado sauce, chicken, spinach and pine nuts with the noodles. Divide between 4 serving plates and sprinkle some chili flakes and a few extra pine nuts on top.
4. To make the avocado sauce, place all the ingredients in the bowl of a food processor and blitz until smooth. Season with salt and pepper to taste.