



QUICK CHICKEN AND ZUCCHINI

ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides

Prep time: 5 mins

Cook time: 12 mins

Serves: 2-3



INGREDIENTS

- 2 tbsp olive oil
- 1 large onion, diced
- ½ - 1 tsp chilli flakes
- 1 tsp garlic, crushed
- 1 tsp ginger, grated
- 2 zucchini, spiralized
- 4 eggs
- 2 cups cooked chicken, diced
- 1 cup vegan grated cheese
- ½ cup coriander, finely chopped

METHOD

- In heavy based pan, heat oil to medium high.
- Add onion, chilli, garlic and ginger and fry 3 minutes.
- Add zucchini and cook for 7-8 minutes while stirring.
- Add chicken, cheese and coriander and stir until heated through.
- Serve with seed bread or alone for a high protein meal.