



Italian chicken with vegetable noodles

Super easy and delicious - perfect light lunch or dinner. Serves 4. Per serve: Cal: 304; Fat: 15.4g; Pro: 33.0g; Carbs: 6.1g

Serves: 4, Prep time: 00:15, Cook time: 00:18

Instructions

Place the chicken thighs in a large pot and cover with stock, put on the lid and bring to boil. Once boiling, turn off heat and leave for around 20 minutes or until cooked through.

Meanwhile, in a bowl finely chop the garlic, red onion, tomato and fresh basil and place in the bowl. Drizzle over the olive oil and season with a good grind of salt and pepper.

Using a spiraliser or vegetable peeler, create noodles out of the courgette and place in bowl also. Using a fork and spoon, gently toss all ingredients together and place in four bowls.

Once the chicken is done, drain off the water and chop into cubes, placing on top of the vegetables.

Grate the parmesan cheese on top and season to palate. Enjoy.

Ingredients

- 600 grams Chicken thigh, skin removed (1 lb 5 oz)
- 1 litres Campbell's Real Chicken stock (34 oz (U.S.))
- 2 Garlic, cloves
- 0.5 Red onion
- 4 Truss tomato
- 4 tablespoon Fresh basil
- 2 tablespoon Extra virgin olive oil
- 2 Courgette, Large
- 4 tablespoon Parmesan cheese