



Zucchini Noodle Carbonara

2 servings

20 minutes

Ingredients

30 milliliters Extra Virgin Olive Oil (divided)
200 grams Chicken Breast (cubed)
2 slices Bacon, Cooked (or beef pastrami)
1/2 Yellow Onion (diced)
150 grams Mushrooms (sliced)
200 grams Baby Spinach
2 Zucchini (medium, spiralized into noodles)
100 grams Skyr Plain (or quark/greek yogurt)
1 Garlic (clove, minced)
4 grams Parsley (chopped)

Directions

- 1 In a pan over medium heat, add half of the oil. Once heated, add the evenly cut chicken breast and bacon and cook for 5 to 6 minutes or until cooked through. Discard the fat and set the bacon and chicken aside.
- 2 To the same pan, add the remaining oil, along with the onion, garlic and mushrooms. Cook on medium heat for 5 minutes or until soft.
- 3 While the mushrooms and onions are cooking, add plain skyr or quark/greek yoghurt. Stir until smooth.
- 4 In the same pan as the onions and mushrooms, now add the zucchini noodles, baby spinach, cooked chicken and bacon. Keep everything in the pan until it is warmed through. Season with salt taste.
- 5 Divide into portions and top with fresh parsley. Enjoy!

Notes

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

More Flavor: Season with black pepper or chili flakes.

Make it Vegan: Use cauliflower in place of the chicken, tofu bacon in place of the bacon and plant-based creme fraiche/yoghurt.