



Recipe of the week

Peri Peri Chicken with Zoodle salad



Serves : 4 Prep: 20min Cook: 15min

(Marinate: 6 hrs)

Ingredients-

- 2 large (about 300g each) chicken breast fillets
- 80ml (1/3 cup) gluten-free peri peri sauce, plus extra, to serve
- 1 tablespoon olive oil
- 3 large zucchini, cut into noodles or zoodles using a spiraliser
- 1 baby cos lettuce, cut into 8 thin wedges
- 100g fresh raspberries
- 60g Danish feta, crumbled
- 1/4 cup small fresh mint leaves

Method

- 1) Combine the chicken breasts, peri peri sauce and oil in a bowl. Season. Cover and place in the fridge for 6 hours to marinate.
- 2) Preheat the oven to 180C/160C fan forced. Line a baking tray with baking paper. Heat a frying pan over medium-high heat. Cook the chicken, turning, for 5 minutes each side or until browned and caramelised. Transfer the chicken to the prepared tray and bake for 5 minutes or until cooked through. Set aside for 10 minutes to rest. Slice the chicken and keep warm.
- 3) Arrange the zoodles, lettuce, raspberries, feta and mint on a large serving plate. Top with the chicken and drizzle with extra peri peri sauce.

Nutritional values per serve

Energy 1345KJ	Fat saturated 4g
Fat Total 12g	Protein 11g
Carbohydrate Total 39g	Dietary Fibre 6g