

Macadamia Pesto Chicken & Zucchini Noodles

6 Ingredients, 4 Servings, 30 Minutes Total Time

1/2 cup parsley
1 bunch coriander leaves (cilantro, 55g/2oz/4cups)
4 chicken breasts (skinless) (skin on)
3 rosemary (fresh sprigs)
100 grams macadamia nuts
1 cup oil*

Instructions

- In a food processor, blend the 1 cup of oil with coriander (cilantro), parsley, (add 1 clove of garlic if you are NOT on the FODMAPs/ SIBO Diet) and macadamia nuts until smooth.
- Char grill the chicken (skin on) with the rosemary in a little oil until the chicken is crispy and cooked through.
- This should take approximately 10 minutes. Discard the skin and cut the chicken breasts diagonally into bite sized strips.
- Discard the rosemary.
- Add the chicken pieces and the coriander pesto sauce and stir lightly to combine. Serve immediately.
- Serve with spiralized zucchini noodles (SIBO phase 1) or regular noodles or jasmine/ basmati rice - depending upon your dietary protocol (SIBO phase 2 allows 1/2 cup per meal).

Notes

Season with sea salt and freshly ground black pepper before serving.

Warnings

**MACADAMIA NUTS: SIBO phase 1 & 2 allow 20 macadamia nuts per meal

**OIL*: SIBO approved oils are coconut, olive, ghee, MCT, flax, sesame, sunflower, walnut, grape seed

Nutritional Information (per serving)

Calories	763
Total Fat	72g
Saturated Fat	9g
Cholesterol	54mg
Sodium	106mg
Total Carbohydrate	4g
Dietary Fibre	3g
Sugars	1g
Protein	20g
Calcium	41mg
Iron	2mg

Magnesium	60mg
Phosphorus	233mg
Potassium	478mg
Vitamin C	13mg
Thiamine	--
Riboflavin	--
Vitamin B6	1mg
Vitamin E	16mg