

Courgettes noodles

INGREDIENTS:

-1 piece of courgette

-100 gr of chicken

-6 pieces of cherry tomatoes

-Olive oil

-1 garlic clove

-1 lemon

-Salt and pepper to taste

-Spices (parsley and basil)



PROCEDURE:

- 1.** First, you have to grate a piece of courgette in order to make the noodles, you don't need to peel it, just to wash it. When you finish, we keep them for later.
- 2.** Then, you cut the chicken into small pieces on a chopping board, sprinkle a pinch of salt and black pepper. And put it in a pan with a tablespoon of olive oil, cook until the chicken has a golden colour.
- 3.** Now, slice the tomatoes and add them to the pan with the chicken. Stir with a wooden spoon for a couple of minutes. You should squeeze a lemon and pour it into the pan.
- 4.** Finally, add the reserved courgette noodles and sprinkle some spices, I have parsley and basil but you can add your favourites.
- 5.** Serve, and enjoy the food!