



# RECIPE

## Hot & Spicy Cowboy chicken with Zoodles - Diane Kahn

### INGREDIENTS

5 – 6 ounces cooked thin skinless chicken breast (30 oz total)  
5 cups zucchini noodles  
2 ½ Tablespoons butter  
2 teaspoons lemon juice  
1 Tablespoon lemon zest  
4 clove garlic  
1 Tablespoon Dijon mustard  
½ Teaspoon cayenne pepper  
¼ Teaspoon paprika  
¼ Cup chicken broth  
1 Tablespoon hot sauce  
2 Tablespoons fresh parsley  
1 1/2 teaspoon fresh thyme  
¼ Teaspoon crushed red pepper  
¼ Teaspoon salt  
½ Teaspoon pepper

### DIRECTIONS

-In a large bowl or shallow plate, season and combine chicken with salt, and pepper. Set aside.

-Wash and trim the ends of the zucchini. Make the zucchini noodles using a spiralizer or a julienne peeler. Set aside in a salad bowl.

-Heat half of the butter in a large skillet over medium-high heat. Once melted, add the chicken in one layer and cook for one minute without stirring.

-Add minced garlic, and red chili pepper flakes then stir up the chicken to cook on the other side for a couple of minutes, until almost cooked through. Remove from the skillet and set aside, prepare cutting board and cut the chicken into strips.

-In the same skillet, melt remaining butter, then stir in lemon juice and zest, Dijon mustard, hot sauce, cayenne, paprika, and chicken broth. Bring to a simmer and allow to reduce for 2-3 minutes, stirring regularly.

-Stir in the fresh parsley and minced thyme, then add the zucchini noodles and toss for 2 or 3 minutes, until zucchini are cooked through and the sauce has reduced a bit.

-Return the cooked chicken strips back to the pan and cook for another minute. Serve immediately, garnished with more herbs, red chili pepper flakes, and lemon slices.