

Linguini Zucchini with Pistachio Pesto, Shredded Chicken and a Parmesan Lace Garnish

(serves 6)

Ingredients:

8 large zucchinis
1 cup of extra virgin olive oil
Pinch of salt and pepper
4 large boneless skinless chicken breasts
1 cup of shelled pistachio nuts
Juice of one lemon
1 clove of garlic
1 cup of Italian flat leaf parsley
1 cup of fresh basil
2 cups of grated aged parmesan cheese
Non stick baking paper
Cooking spray

Method:

- 1) Using a potato peeler, peel 8 zucchinis.
 - 2) Heat non stick fry pan on med heat, add a dash of olive oil, and half the zucchini, toss for approx. 2 mins, cook the rest the same way. Set aside.
 - 3) Pre Heat oven to 350, place 6 piles of grated parmesan on baking paper on a cookie tray, place in oven for approx. 6 mins or until lightly golden, remove from oven and set aside.
 - 4) Place in food processor the following - 1 cup of pistachio nuts, juice of 1 lemon, 3/4 cup of olive oil, 1 clove of garlic, 1 cup of Italian flat leaf parsley, 1 cup of basil, pinch of salt and pepper, 1 cup of grated parmesan, mix ingredients, set aside.
 - 5) Heat non stick fry pan on med-high heat, add a drizzle of olive oil to pan, add a pinch of salt and pepper and 4 chicken breasts, cook approx. 5 minutes on each side, remove from pan and tear into shredded pieces.
 - 6) Separate the pesto mix, toss half with the shredded chicken and half with the zucchini noodles, place zucchini on the centre of the plate, top with a dollop of the chicken mix, and finish with a parmesan lace garnish, making sure you have evenly distributed the zucchini and chicken for each plate.
- Enjoy.

