

# Zucchini Pad Thai Zoodles w/Chicken

1 Servings: Carb 7g | Protein 28g | Fat 13g

## Ingredients

¾ cup Zucchini Noodles  
2 tsp Olive Oil, divided  
¼ tsp Garlic, minced or dried  
⅛ cup Red Bell Pepper  
⅛ cup Green Onions, sliced  
1 Large Eggs  
½ cup of Bean Sprouts  
⅛ cup Cilantro, chopped (optional)  
Few Lime, wedges for serving (optional)  
3½ oz of Cooked, Cubed, or Shredded Chicken Thigh or...  
...4 oz of Cooked, Cubed, or Shredded Chicken Breast

## For the Sauce

1½ tbs of PB2  
1 tsp Soy Sauce  
2 tsp SF Syrup  
¼ tsp Cayenne Pepper  
1 tsp Chili Garlic Sauce, or to taste  
⅛ tsp of Garlic Powder

## Instructions

Make the sauce: In a small bowl, combine the sauce ingredients set aside.

Cut the zucchini into noodles

Heat a large pan on medium high heat. Add 1 tsp olive oil (reserve the other half for later). Then add zucchini noodles and cook for 2-3 minutes or until the zucchini noodles are tender. *Don't overcook the noodles. The zucchini noodles should be slightly crunchy with a tender bite.*

Let the noodles rest for about 3 minutes to allow as much moisture as possible to release.

Remove the noodles from the pan and drain the excess water.

Carefully wipe the same pan to remove the excess water, and then re-heat the pan on medium high heat. Add the remaining olive oil and garlic. Cook the garlic until soft and translucent, about 30 seconds. Add the chicken and heat through, about 3 minutes.

Add the bell peppers and green onions. Cook for about 1-2 minutes or until tender. Add the egg and stir in with the vegetable until the egg is cooked.

Add the zucchini noodles back into the same pan, then add the sauce. Cook for about 1 more minutes or until the zucchini noodles are heated through. Then stir in the bean sprouts