

CREAMY CHICKEN AND BROCCOLI PESTO BOW TIES

Cook Time: 40 minutes | Servings: 6

INGREDIENTS

Chicken

6 skinless, boneless chicken breasts (about 8 oz. each)
1 garlic clove, minced
2 tablespoons fresh lemon juice
2 tablespoons Dijon mustard
1 tablespoon olive oil, plus more for the grill
1 teaspoon kosher salt
Black pepper, to taste

Zucchini Noodles

1 and 1/2 pounds pre-cut zucchini noodles
2 garlic cloves minced
1 pint grape tomatoes, halved
1/2 cup fresh basil
1/4 cup grated Parmesan cheese, plus more for topping
1 tablespoon salted butter
1 tablespoon olive oil
1 teaspoon kosher salt
Zest of one lemon
Black pepper, to taste



INSTRUCTIONS

For the chicken: Put the chicken breasts between two pieces of plastic wrap and pound with the flat side of a meat mallet or a heavy skillet so they are a uniform thickness. Whisk the lemon juice, mustard, olive oil and garlic in a large bowl. Add the chicken, toss to coat and let stand at room temperature while you heat the grill. Preheat a grill or grill pan to medium and oil the grates. Season the chicken with salt and a few grinds of pepper. Grill until marked and cooked through, about six minutes per side. Remove to a cutting board and let rest.

For the zucchini noodles: Melt the butter with the olive oil in a large nonstick skillet over medium-high heat. Add the garlic and cook, stirring, until fragrant but not brown, about 15 seconds. Add the zucchini noodles and toss until well coated. Sprinkle in the lemon zest, salt and pepper and cook, tossing frequently, until the zucchini just starts to wilt, about one minute. Add the tomatoes and Parmesan and cook until warmed through, about 30 seconds. Remove from the heat, add the basil and toss. Serve the chicken with the zucchini noodles and sprinkle with more Parmesan.