



CHLOË BOWLER
complete wellbeing

LEMON CHICKEN & PEA COURGETTI



Ingredients (Serves 2)

- 3 courgettes
- 2 chicken breasts
- 1 red chilli
- 1 cupful of peas
- 2 lemons

Instructions

1. Cut the chicken up into strips and grill with plenty of lemon.
2. Spiralize three courgettes, and this and the juice of 1 lemon to a wok and place on a very low heat.
3. Cook the peas and add to the courgetti.
4. Add the cooked chicken and stir through.

CHLOEBOWLER.COM