

Lemon Pepper Chicken with Zucchini Salad

Calories: 48.2 kcal

Servings: 1

Time: 0 Mins

Ingredients

- 1.00 tsp Black Pepper (cracked)
- 60.00 g Chicken Breast
- 1.00 tbsp Flaxseed Oil
- 1.00 clove Garlic (crushed)
- 1.00 tbsp Lemon Juice
- 1.00 tbsp Lemon Zest
- 2.00 tbsp Parsley (fresh, chopped)
- 20.00 g Spring Onion (finely chopped)
- 1.00 tsp Tarragon (fresh, chopped finley)
- 60.00 g Zucchini
- 60.00 g Zucchini (yellow)

Instructions

1. Place lemon zest, pepper, $\frac{1}{2}$ lemon juice and $\frac{1}{2}$ flaxseed oil in a bowl. Add chicken and toss to coat chicken in mixture. Cover and refrigerate until required.
2. Cut both yellow and green zucchini into thin strips or use a spiralizer and set aside.
3. Grill or barbecue chicken until browned on both sides and cooked through.
4. Combine remaining lemon juice and flaxseed oil with garlic. Add zucchini, onion and herbs, toss gently to combine.
5. Serve chicken with zucchini salad.