



Paleo Diet for Beginners: Top 30 Paleo Pasta Recipes Revealed! (Paperback)

By The Blokehead

Blurb, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Creamy Chicken Zucchini Fettuccine Ingredients 1 small onion, chopped 2 cloves garlic, minced 1/2 tsp Himalayan or fine sea salt 1/2 tsp freshly cracked black pepper 1 large head (600g) cauliflower, roughly chopped 2 cups chicken stock 1 tbsp Dijon mustard 2 tbsp nutritional yeast 2 tbsp white balsamic vinegar the juice of 1/2 lime 1 tsp capers 225g mushrooms, sliced 450g leftover cooked chicken, chopped (I used grilled chicken) 1/4 cup fresh parsley, chopped (to garnish) 2-3 large zucchinis, peeled and julienned Instructions 1. Peel the zucchini (or not, I peeled mine just for the look and munched on the peels while I was cooking) and cut them into wide julienne strips with a mandolin. Set aside. (I used the wider setting of my mandolin to create Fettuccine-like noodles, but you could also do finer noodles with the thinner setting or you could also use a vegetable spiralizer.) 2. Add onion, garlic, salt and pepper to a medium saucepan. Cook over medium heat for one or two minutes, until fragrant and slightly softened. 3. Throw the cauliflower in and continue cooking for...



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