

## Chicken and Bacon Carbonara with Zucchini noodles

2 Tbsp olive oil

1 skinless chicken breasts (approx.  
200gms) diced

4 rashers low carb middle bacon (we  
like beehive bacon)

4 button mushrooms (100gms) diced

½ medium onion

¼ capsicum

6 florets broccoli (120gm)

Half (80gms) capsicum

250mls cream (Pam's)

Heat large frying pan with some olive oil, cook chicken for 5 minutes until browned and cooked through. Add bacon and onion, cook for 3 minutes, then add mushrooms and capsicum and cook for a further 1 minute. Add cream and bring to the boil while stirring.

Now for the Zucchini noodles, our favourite carb free option!

Use a Spiralizer to make 3 medium zucchini's into noodles. Saute the noodles in olive oil for 3 minutes and serve with your carbonara.

Macronutrient ratio: Carbs 16.1%, Protein 43.5%, Fat 40.4%

