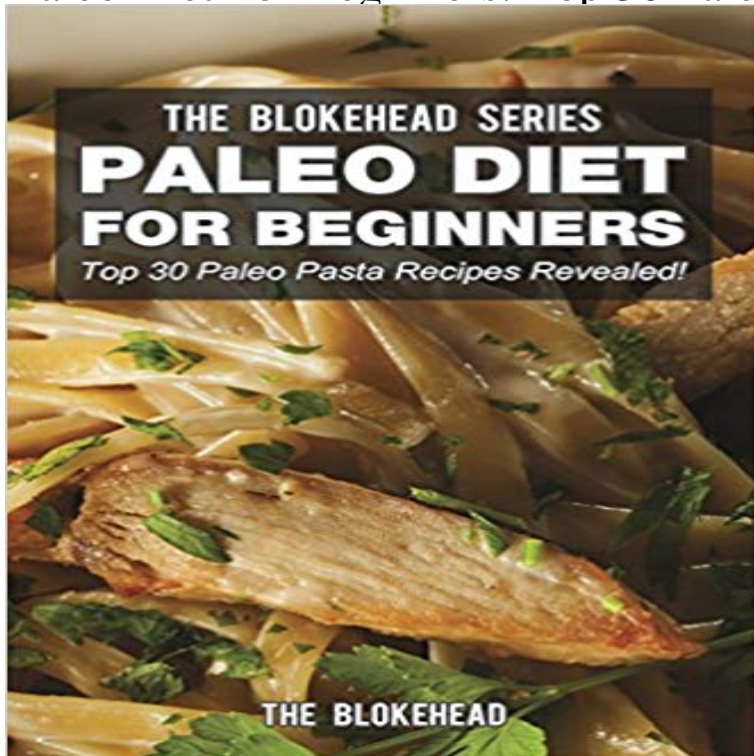


Paleo Diet For Beginners: Top 30 Paleo Pasta Recipes Revealed!



Creamy Chicken Zucchini Fettuccine
Ingredients 1 small onion, chopped 2 cloves garlic, minced ½ tsp Himalayan or fine sea salt ½ 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) ½ 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 a minute or two. 4. Add chicken stock, cover and bring to the boil; lower heat and continue cooking until the cauliflower is tender, about 5-7 minutes. 5. Meanwhile, cook the mushrooms in a large skillet until nice and golden. Add chicken and continue cooking until heated through; Reserve. 6. Ladle the cauliflower mixture into your blender; add Dijon mustard, nutritional yeast, balsamic vinegar and lime juice and process on high speed until super smooth and silky in consistency. Throw in capers and pulse 2-3 times just to mix them in and break them down a little. Pour that cauliflower mixture over the reserved chicken and mushrooms and bring to a simmer over low-medium heat. Grab the book for more paleo recipes now!

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