



CATERING • MEAL PREP • JUICES

## Grilled Chicken Zoodle Bowls

Ultra juicy, perfectly seasoned chicken thighs nestled on top of a bed of crisp zucchini noodles with a garlicky fresh tasting tomato basil sauce that is absolutely so healthy and lick-your-bowl-clean delicious! Use an organic or low sugar marinara or tomato sauce with just a few simple ingredients such as tomatoes, garlic and herbs since that'll give this dish its flavour.

Makes: 4 servings   Prep Time: 15 minutes   Cook Time: 20 minutes



HealthyNow provides healthy, delicious and freshly prepared meals, catering and fresh pressed juices to busy individuals, families, seniors, organizations and sports teams.

To order, call or text Christine at 647-210-0047 or email [Info@HealthyNow.ca](mailto:Info@HealthyNow.ca).

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For grilled chicken:

- 8 boneless, skinless chicken thighs
- 2 Tbsps olive oil, or avocado oil
- 2 Tbsps balsamic vinegar
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 3 cloves fresh garlic, minced
- 1 Tbsp dried basil leaves

For the tomato-basil sauce:

- 1 cup tomato sauce, or simple marinara
- 3 or 4 large, garden tomatoes, diced
- 3-4 cloves fresh garlic, minced
- 1 Tbsp balsamic vinegar
- 1/4 tsp salt
- 1/4 tsp black pepper
- 2 Tbsps parmesan cheese, finely grated
- Handful of basil leaves chopped fine

To assemble your bowls:

- 4 medium zucchini, spiralized to noodles
- additional parmesan cheese, if desired

To make it:

1. In a bowl, combine all of your tomato-basil sauce ingredients, whisk, cover, and refrigerate
2. Place thighs into an air-tight container, add oil, vinegar, sea salt, black pepper, garlic and basil.
3. Toss chicken in the mixture to coat evenly, then seal your container. Refrigerate and allow chicken to marinate for at least 1 hour to overnight
4. Thoroughly rinse the zucchini and trim off the ends. Using a spiralizer, create zucchini noodles
5. Lightly sprinkle salt on your "zoodles" then set aside.
6. Remove marinated thighs from fridge, sit on the counter for 10 mins then discard marinade
7. Grease your grill with some oil and heat over medium-high heat.
8. Place chicken on grill and cook for 4-5 minutes per side without moving
9. Remove from the heat, allow to sit for 5-10 minutes, covered, then slice and set aside.
10. Blot zucchini noodles of excess moisture with paper towels, lightly saute in a skillet
11. Divide zoodles equally into serving bowls then top with your tomato-basil sauce and sliced chicken. Sprinkle some extra parmesan, if desired and serve!

Enjoy! Past recipes of the week are posted at our website [www.HealthyNow.ca/recipes](http://www.HealthyNow.ca/recipes)

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