



**CHLOË BOWLER**  
complete wellbeing

### **LEMON CHICKEN & PEA COURGETTI**



#### **Ingredients (Serves 2)**

- 3 courgettes
- 2 chicken breasts
- 1 red chilli
- 1 cupful of peas
- 2 lemons

#### **Instructions**

1. Cut the chicken up into strips and grill with plenty of lemon.
2. Spiralize three courgettes, and this and the juice of 1 lemon to a wok and place on a very low heat.
3. Cook the peas and add to the courgetti.
4. Add the cooked chicken and stir through.

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