

DINNERLY



Low-Carb Zucchini "Fettuccine" Alfredo with Chicken



40-50min



2 Servings

There's nothing the mighty zoodle can't do, including masquerade as your favorite chicken Alfredo. We've got you covered!

WHAT WE SEND

- 3 zucchini
- ¾ oz Parmesan ¹
- ½ lb pkg chicken breast strips
- 3 oz mascarpone ¹

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- olive oil
- unsalted butter ¹

TOOLS

- vegetable peeler
- 2 rimmed baking sheets
- microplane or grater
- medium skillet

ALLERGENS

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

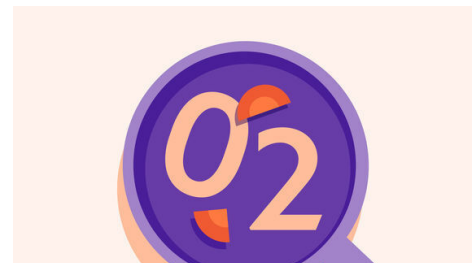
NUTRITION PER SERVING

Calories 510kcal, Fat 40g, Carbs 13g, Protein 36g



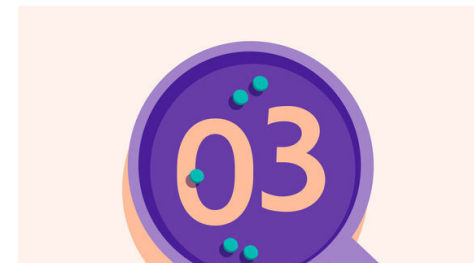
1. Prep zucchini

Using a vegetable peeler, peel **zucchini** from top to bottom into ½-inch wide ribbons, rotating zucchini as you peel. Peel until you get to the seeds at the core of each zucchini; discard cores.



2. Salt & press zucchini

Line a rimmed baking sheet with paper towels. Toss **zucchini** with **2 teaspoons salt**; spread in an even layer over prepared baking sheet. Place another layer of paper towels followed by another baking sheet on top of **zucchini**. Place a heavy weight (such as a heavy skillet) on top. Set aside to press for 10 minutes.



3. Prep ingredients

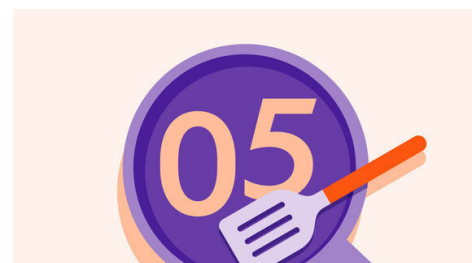
Meanwhile, finely chop **1 large garlic clove**. Finely grate **Parmesan**, if necessary; set aside 2 tablespoons for garnish. Pat **chicken** dry; cut into 1-inch pieces, if necessary, and season all over with **salt** and **pepper**.



4. Cook chicken

In a medium skillet, heat **1 tablespoon oil** over medium-high. Add **chicken** in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more. Transfer to a plate.

Add **1 tablespoon butter** to skillet and melt over medium heat. Add **garlic** and cook until softened, about 1 minute.



5. Sauce noodles

Add **zucchini noodles** to skillet and cook, stirring occasionally, until slightly softened, 2–3 minutes. Add **mascarpone** and **remaining Parmesan** and stir constantly over medium-low heat until cheese is melted and noodles are coated in a creamy sauce.



6. Finish & serve

Remove skillet from heat and season **zucchini noodles** to taste with **salt** and **pepper**. Stir in **chicken** until evenly coated.

Divide **zucchini "fettuccine"** between bowls and garnish with **reserved Parmesan**. Enjoy!