

Zucchini Nudeln mit Teriyaki Hühnchen



- <https://lifemadesweeter.com/zucchini-noodles-with-teriyaki-chicken/>
 - zucchini_noodles_with_teriyaki_chicken_keto_low_carb_whole30_paleo_-_easy_keto_dinner_whole30_.pdf

Zutaten

- 2/3 lb boneless skinless, chicken breast , cut into strips or chunks salt and black pepper to taste
- 2 Tablespoons avocado oil OR olive oil
- 4-5 medium zucchini , cut into noodles using a spiralizer or a vegetable peeler

Sauce:

- 1/4 cup coconut aminos
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon sesame oil
- 2 teaspoons golden monk fruit sweetener , can sub with pineapple juice for Whole30
- 2 garlic cloves , minced
- 1/2 teaspoon grated ginger
- 1/2 teaspoon xanthan gum (optional: to thicken the sauce) , can also sub with arrowroot powder for Whole30 water, as needed to thin out the sauce salt, black pepper, and red pepper flakes to taste; optional

Optional:

- Green onions sliced thinly
- Sesame Seeds

Zubereitung

1. MAKE THE SAUCE: In a small bowl, whisk together all the ingredients for the sauce.
2. In a large bowl, season chicken with salt and pepper and drizzle 1-2 tablespoons of sauce over the chicken. Allow to marinate for 30 minutes.
3. Heat cooking oil in a large skillet on medium-high heat. Add chicken and cook until brown, about 3-4 minutes. Pour in the remainder of the sauce and turn the heat to high. Allow sauce to bubble and thicken while stirring - about 1-2 minutes - add water as needed to thin out sauce as desired. Season to taste with salt, black pepper and/or red chili flakes.
4. Add zucchini noodles into the pan and use tongs to toss and coat with sauce. Cook for 1-2 minutes until zucchini is just tender but still firm. Be careful not to overcook.
5. Remove from heat and drizzle extra sauce in pan over chicken and serve immediately. Garnish with green onions and sesame seeds if desired.

[asiatisch](#), [keto](#), [lowcarb](#), [helene beckesch](#), [hauptgericht](#)

From:

<https://recipes.beckesch.it/> - **Rezeptesammlung von Helene und Ralf Beckesch**

Permanent link:

https://recipes.beckesch.it/rezepte/zucchini_nudeln_mit_teriyaki_huehnchen

Last update: **2022/05/10 12:39**

