



**BODYBUILDING.com™**

## **Roast Chicken With Zoodles and Spicy Tomato Sauce**

Prep time: 20 min. Cook time: 15 min.

Serving size: 1 plate

Recipe yields 1 serving

### **Ingredients**

8 oz. chicken thighs

6 oz. zucchini noodles, or "Zoodles" (can be purchased, or made with a spiralizer)

1/2 cup crushed tomatoes

1 tbsp olive oil

1 tbsp crushed red pepper

2 cloves garlic, minced

2 tbsp chopped basil

Salt and pepper to taste

### **Directions**

1. Season the chicken thighs with salt and pepper, and sear in a skillet on medium-high heat.
2. Cook on each side for 5-6 minutes depending on size. Once cooked through, remove from heat and set aside to cool.
3. While chicken is cooking, heat olive oil in a saucepan on low to medium heat and add the garlic and crushed red pepper. Once the garlic begins to brown slightly, add the crushed tomatoes. Bring to a simmer, then remove from heat and add chopped basil.
4. Heat zucchini noodles in a sauté pan with just a little bit of water, cooking for 3-4 minutes until tender. Drain zoodles and serve with tomato sauce and chicken thighs.