



Brussels & Noodles

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Yield: 4-6 servings

INGREDIENTS

2 tbsp. coconut oil
Optional: 1 package
organic chicken breast
4 large garlic cloves
minced 1 lb. Brussels
sprouts, roughly chopped
1 1/2 tsp. dried rosemary
1/4 tsp. red pepper flakes
(optional)
8 oz. soba noodles
1 cup cashews
Pecorino cheese for topping



METHOD

- In a large pan, heat 1 tbsp. coconut oil over low heat. Cook chicken 6-8 minutes until cooked through, then set aside. Add another 1 tbsp. coconut oil to the pan; lightly cook garlic for 1-2 minutes.
- Add Brussels sprouts, rosemary, and red pepper flakes, increase the heat to medium, and cook for 5-8 minutes, stirring regularly. Press down occasionally on the Brussels sprouts to ensure proper toasting/cooking.
- Cook soba noodles according to package instructions.
- Eat toasted Brussels sprouts and chicken over pasta. Top with cashews and Pecorino cheese.

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