



**The Gathered Green**  
ABN: 60 149 134 643  
P: 0409 841 048  
jane@thegatheredgreen.com.au

## PALEO STYLE CHICKEN FETTUCCINE

Thank you to [hungrycub.wordpress.com](http://hungrycub.wordpress.com) for this recipe and picture

*Serves 3*

### Ingredients

- ½ cup cashews (soaked – see below)
- 1 cup chicken stock (homemade or additive free)
- 1 teaspoon thyme
- 1 teaspoon apple cider vinegar
- Rind of ½ lemon
- 2 garlic cloves
- 2 rashers nitrate free bacon, diced
- 1 chicken breast, cut into strips
- ½ tablespoon tapioca flour
- 1 cup chopped mushrooms
- Pinch of salt and pepper
- 2 zucchinis, washed and ended, sliced into ‘noodles’ using a spiraliser.  
Alternatively cut slits lengthwise through the zucchini, with the top still attached to hold it together, and peel with a peeler (the later method will result in thinner noodles but will still work).
- 1 handful of spinach or bok choy (optional)





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## Method

Place cashews in a small bowl, cover with water and leave to soak for 3 hours. Drain, rinse, then place in high-speed blender, along with the chicken stock, thyme, vinegar, lemon rind, and garlic. Blitz this until smooth and creamy. Set aside.

Sprinkle the chicken with tapioca flour and mix well. Set aside.

Fry bacon until brown and beginning to crisp, remove from pan and set aside.

Add the chicken to the same pan, add dash of coconut oil to pan if too dry. Cook until the chicken is just white, then tip into the bowl with the bacon.

Add mushrooms to the pan with another dash of coconut oil. Add pinch of salt and pepper and cook until softened.

Pour the cashew sauce over the mushrooms and cook for 2 minutes.

Add the bacon, chicken and zucchini noodles to the pan. Allow to cook away until noodles are softened and the chicken is fully cooked through (about 10 to 15 minutes).

Add the spinach or bok choy, stir through, allowing it to wilt a little.

Season with salt and pepper to taste, serve with fresh basil.





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Enjoy!

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