

CHICKEN BROCCOLI PASTA + ROASTED PEPPER SAUCE

INGREDIENTS

- 2 boneless, skinless chicken breasts
- 1 bag of steamable broccoli
- 1 pkg Caulipower pasta (or pasta of choice)
- 2 red bell peppers
- avocado oil
- 1 tsp sea salt + more for chicken
- 1/2 tsp black pepper + more for chicken
- 3/4 cup mayo
- 2 tbsp balsamic vinegar
- 1/2 tsp tabasco sauce

✓ GLUTEN/DAIRY FREE

✓ SERVES 2-4

✓ GREAT FOR A QUICK MEAL

INSTRUCTIONS

1. Slice the tops off the red bell peppers & clean out the insides.
2. Place red bell peppers with cut side down in the air fryer.
3. Air fry at 400 degrees for 10 minutes.
4. Remove bell peppers from air fryer and allow to cool.
5. Place 2 chicken breasts into air fryer.
6. Rub chicken with avocado oil & sprinkle with sea salt & black pepper.
7. Air fry at 360 degrees for 15 minutes (my breasts were a bit frozen when I added them to the air fryer. You may not need a full 15 minutes. Check doneness at half way point and adjust frying time).
8. Flip chicken at half way point. Chicken is done when it reaches an internal temp of 165 degrees.
9. While chicken is frying, remove the skin from the bell peppers.
10. Place bell peppers, 1 tsp sea salt, 1/2 tsp black pepper, 3/4 cup mayo, 2 tbsp balsamic vinegar, & 1/2 tsp tabasco sauce into a food processor or blender.
11. Process all ingredients until smooth (I felt that my food processor didn't create a smooth consistency, so I transferred the sauce to my NutriBullet).
12. Make pasta according to package directions.
13. Steam broccoli according to package directions.
14. Combine the pasta, chicken, & broccoli in a bowl or on a plate.
15. Top with sauce.
16. Enjoy!

Lunch today...pasta (used CAULIPOWER pasta), air fried chicken, steamed broccoli, and a homemade roasted red pepper sauce

