



## CHICKEN & TOMATOES MAKING LOVE - A VALENTINE'S DAY SPECIAL



### INGREDIENTS

7 oz chicken sliced

1/2 cup tomato coulis

1 garlic clove sliced

1/4 tsp grape seed oil

1 1/2 cups zucchini sliced

1/4 lemon juiced

2 rosemary stems

sea salt & pepper to taste

### DIRECTIONS

In a hot non-stick pan with grapeseed oil, add rosemary stems to infuse the oil.

Then, add chicken; let sear.

Now, add zucchini and garlic; reduce heat and let cook for a couple of minutes.

Lastly, add lemon juice and let evaporate. Serve with tomato coulis on the side (hot).

Ready to serve!