



Moroccan Chicken & Spaghetti Squash

2 servings

50 minutes

Ingredients

- 1 Spaghetti Squash (medium)
- 1 tsp Butter (melted)
- 283 grams Chicken Breast (skinless, boneless)
- 1 1/2 tsp Moroccan Spice Blend
- Sea Salt & Black Pepper (to taste)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 273 |
| Fat | 6g |
| Carbs | 22g |
| Fiber | 3g |
| Sugar | 0g |
| Protein | 34g |
| Cholesterol | 108mg |
| Sodium | 250mg |
| Vitamin A | 892IU |
| Vitamin C | 24mg |
| Calcium | 79mg |
| Iron | 5mg |

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Slice the spaghetti squash into even rings through its belly. Carve out the seeds and set aside. Place the rings onto the baking sheet and bake for 20 minutes.
- 3 Meanwhile, drizzle the melted butter all over the chicken breast and season generously with the Moroccan spice blend.
- 4 Remove the baking sheet from the oven and transfer the chicken breast to the sheet pan. Return to the oven for 20 to 22 minutes, until the chicken is cooked through.
- 5 Use a fork to shred the flesh of the squash into noodles and divide onto plates. Top with the chicken breast and season with salt and pepper to taste. Enjoy!

Notes

Leftovers: Refrigerate in a sealed container in the fridge for up to three days.

Serving Size: One serving is half a medium sized squash and four to five large slices of chicken breast.