



five Spice Creamy Chicken

Cook Time: 15 Minutes

Natural boneless chicken massaged with a blend of spices, then simmered in Full Quivers famous raw milk cream cheese and greens, then served over zucchini “noodles”.

Ingredients:

Boneless Chicken Breast/Tenders, Cream Cheese, Zucchini, Arugula, 5 Spice Seasoning

Things You May Need:

Cheese Slicer or Vegetable Spiralizer
Large Skillet
Prep Plate
Sharp Knife or Kitchen Shears

Ingredients are subject to availability

Calories

721 cal

Carbohydrate

96 g

Dietary Fiber

6 g

Fat

13 g

Protein

55 g

Saturated Fat

1g

Sodium

3027 mg

Sugars

19 g

Allergens

Soy, Wheat, Egg, Fish

Five Spice Creamy Chicken

Ingredients:

chicken tenders

5 spice seasoning

mushrooms

parsley

cream cheese spread

zucchini

Instructions:

1. Sprinkle the seasoning onto both sides of all the chicken pieces, rubbing it into the meat. Slice the mushrooms.
2. Place 1-2 tablespoons butter or olive oil in a large skillet over medium-high heat. Once hot, add the chicken and mushrooms. Cook for about 3 minutes per side until browned.
3. Chop the parsley and add to the browned chicken. Reduce the heat to medium-low and add the cream cheese, stir to combine. Let the sauce blend for about 2 minutes.
4. Meanwhile, slice the zucchini into thin ribbons using a cheese slicer, spiralizer or slice very thin.
5. Serve hot; plate the creamy chicken and sauce over the zucchini ribbons. Enjoy!