



### Shirataki Harvest Noodles Marinara

Love pasta and rice, but hate the calories? Made from Konjac Yam Root, this secret weight loss food enjoyed in Asia is now available to you in a vibrant marinara sauce of blended tomatoes, onions, basil and sea salt to delight your taste buds. Healthy and convenient, Shirataki Noodles are vegan and low calorie, making them perfect for anyone



### Ingredients

Serves 2

- ◆ 2 packages of Shirataki Harvest Noodles Marinara
- ◆ 2 boneless, skinless chicken breast halves
- ◆ Salt
- ◆ Pepper
- ◆ Oregano
- ◆ Olive oil spray
- ◆ Italian parsley or basil for garnish
- ◆ Fresh grated Parmesan cheese

### Instructions

1. Wash and pat dry the chicken breasts. Season both sides with salt, pepper and a little dried oregano as shown in the picture. Let sit for 30 – 45 minutes on the countertop.
2. Light a grill or heat up a grill pan on the stovetop. Spray the grill or grill pan with olive oil spray to prevent sticking. Grill the breast, turning once, until it reaches an internal temperature of 155 – 160 degrees. Remove to a plate and let rest for 5 minutes.
3. Heat up the Shirataki noodles for 2 minutes in the microwave, following the package instructions. Be sure to puncture the top cover to let air escape. Pour noodles and sauce into a flat pasta bowl.
4. Slice the chicken breast on an angle and place in a layer on top of the Shirataki noodles. Grate Parmesan cheese on top, garnish with parsley or basil and serve with LOVE.

### Notes