

# Pesto Zoodles with Chicken Meatballs & Feta

Serves: 2-4

Total Time: 1 hour

## Ingredients

2 1/2 cups fresh baby spinach  
3 garlic cloves  
1 tablespoon olive oil  
4 ounces feta cheese, crumbled, plus extra for topping  
1 pound lean ground chicken  
1 large egg, lightly beaten  
1 tablespoon Worcestershire sauce  
1/3 - 1/2 cup seasoned bread crumbs  
1/4 teaspoon salt  
1/4 teaspoon pepper  
3 tablespoons fresh oregano, plus extra  
2 medium zucchini squash, spiralized  
2 tablespoons olive oil  
1 tablespoon butter  
2 garlic cloves, minced  
pinch red pepper flakes  
1 lemon, juiced

## Directions

Preheat the oven to 400°F. Line a baking sheet with parchment paper.

In your food processor, combine the spinach and garlic and pulse until only small pieces remain. Drizzle in 1 tablespoon of olive oil and half of the feta, pulsing again just a few times.

In a bowl mix together the chicken, egg, Worcestershire, spinach mixture, salt, pepper, oregano and 1/3 cup of the breadcrumbs until just combined. If it feels too wet and difficult to shape into balls, add a touch more breadcrumbs and mix. Add in the remaining feta and mix. Form into 30 or so mini meatballs, about 1/2 inch in diameter. Place on the parchment and bake for 20-25 minutes, or until cooked through.

While the meatballs are baking, spiralize the zucchini into noodles. Heat a large skillet over medium-low heat and add olive oil and butter. Add the garlic and pepper flakes and cook for 1 minute, then stir in the lemon juice. Add the zoodles and toss well to coat. Cook until the noodles are softened slightly, tossing often, for 5-6 minutes.

To serve, place the meatballs on a bed of zoodles. Top with extra feta and fresh oregano.