

CHICKEN STIR FRY



Method

Marinate the chicken in the garlic, peeled and grated root ginger, gluten free soy sauce, and apple cider vinegar in a bowl or ziplock and refrigerate for at least 30 minutes.

Heat the olive oil in a large wok and cook the onions for two minutes then add the broccoli and bell peppers and cook for a few more minutes until crisp tender, then remove the vegetables from the wok and add to a bowl with a foil cover to keep warm.

Drain the chicken from the marinade (keep the marinade, we will cook it later) and add a little more oil to your wok and cook the chicken over a high heat for 3-4 minutes per side or until chicken pieces are fully cooked.

Return the cooked vegetables to the wok along with the remaining stir fry marinade, mushrooms, sesame oil, and red pepper flakes and cook for about three to four more minutes until the mushrooms are cooked.

Serve hot.

Time

22mins

Serves

4

Calories (per serving)

262

Carbs (per serving)

9g

Fat (per serving)

12g

Protein (per serving)

28g

Ingredients

- 1 lb chicken breasts , cut into thin slices

CHICKEN STIR FRY SAUCE

- 2 garlic cloves , minced

- 1 inch piece root ginger, peeled and grated , Do not use powdered ginger!

- 4 tbsp gluten free soy sauce , or coconut aminos

- 1 tbsp apple cider vinegar

CHICKEN STIR FRY

- 2 tbsp olive oil (can substitute for coconut oil for phase 2)

- 1/2 cup onion , 80g

- 2 cups broccoli , 200g

- 1/2 red bell pepper , 100g

- 1 cup mushrooms , 80g

- 2 tsp sesame oil

- 1/2 tsp red pepper flakes