



cara price

CHICKEN STIR FRY

INGREDIENTS

3-4 chicken breasts, cut into thin strips
($\frac{1}{4}$ " thickness, on the bias)
4 carrots, peeled, finely sliced on the
bias
2 cups broccoli florets, bite size pieces
1 bunch green onions, sliced
 $\frac{3}{4}$ cup coconut aminos, divided
 $\frac{1}{4}$ cup chicken broth
4 cloves garlic
5 tablespoons avocado oil, divided
2 tablespoons arrowroot flour
1 tablespoon honey
3 teaspoons rice vinegar, divided
3 teaspoons sesame oil
 $1\frac{1}{2}$ teaspoons salt
freshly ground salt

DIRECTIONS

Mix $\frac{1}{4}$ cup coconut aminos, 2 tablespoons arrowroot flour, 2 teaspoons rice vinegar & $1\frac{1}{2}$ teaspoons salt. Place the chicken pieces in a large bowl & pour the marinade one top of the chicken. Toss it around to be sure to cover all the chicken pieces.

Allow the chicken to sit in the marinade for 30 minutes.

Make the sauce by mixing the remaining coconut aminos, sesame oil, rice vinegar, minced garlic, chicken broth & honey together in a medium size measuring cup. Set sauce aside.

Heat 3 tablespoons of avocado oil in a large skillet over medium-high. Sauté the carrots & broccoli until tender crisp. Remove from the pan & set aside.

Add in the remaining 2 tablespoons of avocado oil & the chicken, including all the marinade to the pan. Cook, stirring frequently, until chicken is browned & cooked through.

Add the vegetables, green onions & sauce into the pan. Stir well & simmer 1 minute.

Serve immediately over brown rice or cauliflower rice.