



*cara price*

## SPICY THAI CHICKEN STIR FRY

### INGREDIENTS

- 2 pounds chicken tenders, cut into bite size pieces
- 2 zucchinis, cut into bite size pieces
- 1-2 serrano chili peppers, seeds removed & diced fine (use 1 for less spice & 2 for more)
- 4 cloves garlic, minced
- ½ cup coconut aminos
- 3 tablespoons olive oil
- 2 tablespoons stone ground mustard
- 1 tablespoon honey
- 1 tablespoon chinese 5 spice powder
- 1 teaspoon salt
- 1 handful basil, chopped for garnish

### DIRECTIONS

place the chicken pieces in a medium size bowl.

combine the chinese 5 spice powder & salt.

sprinkle the seasoning mix over the chicken & toss to coat.

heat the olive oil in a large skillet over medium high heat.

brown the chicken on all sides, stirring as necessary, until completely cooked.

add the zucchini, peppers & garlic into the pan & continue cooking 3 more minutes.

combine the coconut aminos, mustard & honey in a small bowl.

pour the sauce over the chicken & veggies.

turn the heat down to low & continue cooking 2 more minutes.

serve over cauliflower rice or brown rice.