



## Asian Chicken Broccoli + Mushroom Stir Fry

**Active Time:** 10 minutes | **Total Time:** 25 minutes | **Serves:** 4

### Nutrition Information Per Serving

315.1 calories, 20.19 g carbohydrate, 6.42 g fiber, 13.77 g NET carbs, 45.47 g protein, 6.28 g fat

### Ingredients

- 8 tsp(s) Coconut Secret Coconut Aminos
- 24 ounce(s) organic, free-range chicken breasts
- 1 bunch(es) organic broccoli, cut into florets
- 1/2 inch(es)(s) ginger, peeled
- 4 clove(s) garlic, minced
- 1 cup baby bella mushrooms
- 2 large(s) green onions, chopped
- 2 tsp(s) honey
- 1 tsp arrowroot powder
- 1 Tbsp coconut oil
- 1/4 tsp(s) sea salt

### Preparation

1. Slice chicken breasts into strips and place in a zip-lock plastic bag. Cover with half the coconut aminos and place in fridge while you prepare the rest of the meal (about 30 minutes).
2. Using a spoon, peel the ginger. Slice into thin rounds. Set aside. Slice mushrooms into thin slices and set aside. Whisk arrowroot with remaining coconut aminos and honey. Set aside.
3. In a wok or large cast-iron skillet, melt coconut oil over medium-high heat. Sauté broccoli and ginger for 5 minutes. Add chicken and garlic and sauté for another 5 minutes. Add mushrooms and sauté about 3 minutes. Pour coconut amino mixture over the stir fry and cook until chicken is done, about 2 minutes.
4. Top with green onions. Serve with cauliflower rice.

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