



Kung Pao Chicken over Zucchini “Noodles”

Active Time: 20 minutes | **Total Time:** 20 minutes | **Serves:** 4

Nutrition Information Per Serving

346.4 calories, 21.96 g carbohydrate, 3.79 g fiber, 18.17 g NET carbs, 35.56 g protein, 14.54 g fat

Ingredients

- 6 tsp(s) Coconut Secret Coconut Aminos
- 4 clove(s) organic garlic cloves, minced
- 1/4 cup(s) spring water
- 1 Tbsp fresh organic ginger
- 1 Tbsp organic extra virgin coconut oil
- 1/4 tsp(s) organic arrowroot
- 1/2 cup(s) organic chicken broth
- 1/2 tsp(s) crushed red pepper flakes
- 16 ounce(s) organic boneless skinless chicken breast
- 4 cup(s) organic broccoli florets
- 4 medium(s) organic zucchini, spiraled
- 1/3 cup(s) cashews
- 2 medium(s) green onion, chopped
- 1 medium organic red bell pepper, roughly chopped

Preparation

1. First, lightly steam julienned or “spiraled” zucchini to crisp tender. Keep warm in a covered dish.
2. Next, cut chicken breast into 1/4 inch strips. Set aside.
3. Heat half of the oil in a large safe nonstick skillet over medium-high heat. Add broccoli, red bell pepper, green onions and half of the ginger to pan; sauté; 1 minute. Add water. Cover; cook 1 minute until broccoli is crisp-tender. Remove broccoli, red pepper and green onions from pan; keep warm.
4. Heat remaining oil in pan; add remaining ginger, crushed red pepper, and chicken. Cook 4 minutes or until chicken is cooked through, stirring frequently.
5. Combine broth, coconut aminos, arrowroot and garlic in a small bowl, and stir with a whisk.
6. Add broth mixture to pan with chicken; cook 1 minute or until mixture thickens, stirring constantly. Return broccoli mixture to pan; toss to coat. Pour chicken broccoli mixture over zucchini noodles and sprinkle with cashews.
7. Serve.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.