



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.

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