

Cashew Chicken



SERVINGS: 2

PREPPING TIME: 6 MIN

COOKING TIME: 15 MIN

INGREDIENTS

- 1 tbsp coconut oil
- 10 oz chicken breast, cut into cubes
- 1 red or orange bell pepper, sliced
- 1 green bell pepper, sliced
- 1/2 small onion, sliced
- 1/8 cup coconut aminos
- 1 tsp rice wine vinegar, or vinegar of choice
- 1 clove garlic, minced
- Dash of ground ginger
- Dash of red pepper flakes (optional)
- 1 tsp honey
- 2 tbsp cashews
- 1 cup cooked cauliflower rice.

DIRECTIONS

1. Heat coconut oil in a large skillet over medium heat.
2. Mix together the coconut aminos, vinegar, garlic, ginger, honey, and red pepper flakes.
3. Add chicken to the skillet and sauté until 2-3 minutes, flipping occasionally.
4. Add in the bell peppers and onion and cook for 4-5 minutes, stirring occasionally.
5. Add in the coconut amino mixture and cook for an additional 3-5 minutes until the sauce has thickened.
6. Add in cashews and cook for 1-2 minutes.
7. Remove from heat and serve warm or cooked cauliflower rice.

NUTRITION INFO

Calories: 390, Carbohydrate: 13 grams, Protein: 48 grams, Fat: 16 grams