

Ginger Chicken Stir Fry

10 ingredients · 30 minutes · 4 servings



Directions

1. Mix together tamari, garlic and ginger in a jar. Put on a lid and shake well. Set aside.
2. Add coconut oil to a large frying pan and place over medium heat. Add chicken and yellow onion. Saute for 8 to 10 minutes or until chicken is mostly cooked through. Add in celery, red pepper and broccoli. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat and stir in your kale. Continue to stir just until kale is wilted.
3. Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

Notes

Alternative Veggies

Use mushrooms, snap peas, carrots or any other vegetables you have on hand.

Serve it With

Brown rice, pasta or quinoa.

Leftovers

Keeps well in the fridge up to 3 days.

Vegan and Vegetarian

Use chickpeas or tofu instead of chicken.

Make It Faster

Use pre-sliced veggies from the bag.

Ingredients

- 1/3 cup Tamari
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Coconut Oil
- 1 1/4 lbs Chicken Breast (sliced into cubes)
- 1/2 Yellow Onion (diced)
- 3 stalks Celery (sliced)
- 1 Red Bell Pepper (diced)
- 2 cups Broccoli (chopped into florets)
- 4 cups Kale Leaves (chopped)