



Chicken Stir Fry With Pad Thai Sauce



Chicken Stir Fry

- 1 cup broccoli florets
- 1 TBS Olive Oil
- 3/4 cup zucchini (cubed)
- 1 jalapeno (minced)
- 1/2 cup red bell pepper (cubed)
- 16 oz chicken breasts (cubed)
- Already prepared brown rice
- Chives and fresh basil to top

Curry Sauce

- 1 1/2 cup coconut milk (canned unsweetened)
- 3 TBS Red Curry Paste
- 3 tsp bragg's liquid aminos
- Fresh ground ginger

Directions for Stir Fry

- In a pan over medium heat, add 1/2 TBS olive oil and saute chicken. Season with sea salt, pepper, and garlic powder. Remove from pan and set aside. In pan add 1/2 tbs olive

oil, broccoli, zucchini, and peppers. Season with sea salt and pepper. Cook until fork tender and then add chicken back in.

- Add curry sauce. Top brown rice with stir fry and add liquid aminos if needed for extra taste. Top with chives and fresh basil

Directions for Curry Sauce

- In a bowl, combine all ingredients and stir well. Set aside until later.