

Chicken and Broccoli Stir Fry

Serves 4

1 lb	boneless, skinless chicken breast cut into 1-inch pieces
1 TBSP+ 1tsp	olive oil
2c	broccoli florets
1c	sliced mushrooms
2 tsp	fresh minced ginger
2 tsp	minced garlic
¼ c	chicken broth
1 tsp	arrowroot powder
¼ c	coconut aminos
1 tsp	sesame oil

Heat 1 TBSP of olive oil in a pan on medium-high heat and cook the chicken until it is almost cooked through about 10 minutes, remove chicken from pan and place on a plate.

Add other 1 tsp of olive oil to pan and broccoli, mushroom, garlic and ginger and cook for 4 minutes until vegetables are tender.

While the vegetable are cooking whisk together chicken broth, coconut aminos, arrowroot powder, and sesame oil.

Add chicken back to pan with the vegetables and the sauce mixture, cook for an additional 5 minutes until sauce is thickened and chicken is completely cooked.

Serve immediately over cauliflower rice.