



CHICKEN AND CELERY STIRFRY

ALLERGIES:

No grains
No dairy
No eggs
No gluten
Low disaccharides

Prep time: 10 mins

Cook time: 12-15 mins

Serves: 4



INGREDIENTS

- 4 chicken breasts/thighs diced
- 2 cups spring onions (include green ends and cut to 2cm lengths)
- 2 cups celery, sliced thinly
- 4 leaves of kale (shredded finely)
- 1 tsp tumeric
- 1 tsp chilli flakes (or to taste)
- 1 cup almonds (plain or roasted)
- 1/2 cup coconut aminos
- 1 tsp salt and pepper to taste
- 1/4 cup coconut oil

METHOD

- Heat oil in deep pan on stove.
- Add chicken and stir while browning, about 4-5 minutes.
- Add onions, tumeric, chilli and coconut aminos and stir fry for 2 minutes
- Add celery and kale and stir fry a further 5 minutes until chicken cooked through.
- Stir in almonds, and salt and pepper.
- Serve with cauliflower rice, zucchini pasta or one of my breads.

NOTES

The amount of chilli in this recipe is quite hot for some, so halve it if you prefer a milder version.
For nut free, omit almonds and sprinkle with toasted sesame seeds.