



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: 15 mins

Serves: 2

CHICKEN AND CAPSICUM STIR-FRY



INGREDIENTS

- 4 chicken thighs, cut into strips
- 1 medium zucchini, cut into thin strips
- 1 red capsicum, cut into thin strips
- 1 green capsicum, cut into thin strips
- 1 cup spring onions, sliced thinly
- 1 cup celery, cut into thin diagonal slices
- 2 tbs coconut oil
- 1 tbsp fresh ginger, grated
- 1 clove garlic, crushed
- 1 tsp salt, pepper to taste
- 1 tbsp honey (or other sweetener)
- 1 tbsp Tamari sauce, gluten free
- 1 tsp cumin powder
- 1 tsp tumeric powder
- 1 tsp Chinese five spice powder

METHOD

- Heat oil in frying pan and when hot, add celery and capsicum and zucchini.
- Stir fry for 5 minutes.
- Add chicken, spring onions and all other ingredients, and cook another 5-10 minutes, stirring constantly until cooked to desired consistency.
- Serve with bread, *cauliflower rice* or on its own.