



ALLERGIES:

No grains
No dairy
No eggs
No gluten
Low disaccharides

Prep time: 15 mins

Cook time: 20 mins

Serves: 2

CHICKEN AND ALMONDS



INGREDIENTS

- 1 large chicken breast, sliced diagonally in 1cm pieces
- 1/4 cup olive oil
- 2 tbsp Tamari sauce, gluten free or coconut aminos
- 2 tsp coconut flour
- 1/2 cup almonds
- 4 spring onions, sliced into 1cm pieces
- 2 stalks celery, sliced diagonally into 1cm pieces
- 1 small red capsicum, sliced into strips
- 2 tsp grated ginger
- 1 tbsp honey
- 3 tbsp chicken stock (or water)
- 1 tbsp coconut flour
- salt and pepper to taste

METHOD

- In a bowl combine Tamari sauce (or coconut aminos) and 2 tsp coconut flour.
- Add chicken pieces and mix well to coat. Stand 5 minutes.
- Heat wok or frying pan on high, and fry almonds quickly, remove but keep oil.
- To oil add chicken pieces and cook 3 minutes on each side and remove.
- To remaining oil, add onion and celery and stir-fry for 5 minutes.
- Add ginger, honey and capsicum and stir-fry a further 4 minutes.
- Mix 1 tbsp coconut flour with 3 tbsp chicken stock (or water) and stir into vegetables.
- Cook a few minutes to reduce a little and stir in chicken and almonds.
- Serve immediately.