



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 20 mins

Cook time: 10-15 mins

Serves: 4

INGREDIENTS

- 500g chicken thighs, thinly sliced (semi frozen is easiest to cut)
- ½ medium pineapple, peeled and cut into bite size pieces
- 2 tbsp coconut oil
- 4 cloves garlic, crushed
- 1 tsp ginger, grated
- 4 spring onions, thinly sliced
- 3 tbsp soy sauce (or fish sauce), gluten free
- 2 tbsp lime juice
- ½ cup fresh coriander leaves, chopped
- ¼ cup fresh mint, chopped



METHOD

- Heat the oil in heavy based pan or wok, and add the garlic, ginger and onions.
- Cook while stirring for 1-2 minutes and set aside.
- Heat pan until hot and add chicken, half at a time, and cook while stirring for 3-5 minutes until cooked.
- When both batches of chicken have been cooked, return to pan with onion mix.
- Add pineapple, soy (or fish sauce) and lime juice.
- Mix well and cook several minutes to soften the pineapple a little.
- Serve with *cauliflower rice* or *cauliflower fried rice* and garnish with mint and coriander leaves.