



ALLERGIES:

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

Prep time: 10 mins

Cook time: 10-15 mins

Serves: 2

INGREDIENTS

- 2 tbsp coconut oil
- 2 chicken thighs, thinly sliced
- 1 red capsicum, thinly sliced
- 1 tbsp Cajun powder

- 1 tbsp dried onion flakes
- 1 tsp pink salt
- 1 green chilli, deseeded and thinly sliced
- 1 bunch pak choy, roughly chopped
- Fresh coriander to garnish

METHOD

- Heat coconut oil in frying pan on medium high.
- Add Cajun, dried onion, salt and chilli and fry for 2 minutes while stirring.
- Add capsicum and cook 5 minutes while stirring.
- Add chicken strips and fry 5 minutes, turning chicken to cook evenly.
- Add pak choy and cover, cook 3-5 minutes.
- Remove lid and cook a few minutes.
- Serve with mashed potato, cauliflower rice or on its own.

CAJUN CHICKEN

