

30 Minute Chicken and Cauliflower Rice Stir Fry

Ingredients:

- * 1 Pound boneless, skinless chicken breast cut into bite size pieces
- * 1 Medium head cauliflower
- * 2 large eggs, beaten
- * 2 Tbs olive oil, divided
- * 1/2 tsp garlic powder or 2 small cloves minced
- * 1/2 of a 12 oz bag of frozen peas and carrots
- * 3 Tbs coconut amino's
- * 1/2 tsp sesame oil
- * 2 green onions, diced
- * 1/2 small red pepper, diced
- * 1 can of water chestnuts, diced
- * 1/4 tsp black pepper
- * sprinkle of Himalayan salt to taste if needed....

Directions:

Prepare cauliflower rice by using a food processor, grating or cutting by hand.

*****Always use fresh cauliflower, not frozen for this recipe...as the frozen gets mushy.**

- Heat large skillet on medium add 1Tbs olive oil scramble 2 eggs and remove.
- Adjust the skillet to medium high heat, add 1 Tbs olive oil and saute chicken till brown, about 3 minutes.
- Add peas, carrots, red pepper, water chestnuts, green onion and garlic—stirring with chicken for a few minutes.
- Add the cauliflower rice, sautéing until almost tender, making sure it's not too soft and mushy.
- Stir in coconut amino's and sesame oil.
- Top the stir fry with the scrambled eggs and mix thoroughly.
- Add the pepper
- Salt, if needed to taste

Makes approximately 4 servings as a meal or 6 as a side dish.

Bon Appetit!