



Chicken & Bok Choy Stir Fry

4 servings
25 minutes

Ingredients

- 3 milliliters Avocado Oil
- 280 grams Chicken Breast (skinless, boneless, cut into strips)
- 2 Garlic (cloves, minced)
- 550 grams Bok Choy (baby, halved)
- 400 grams Mushrooms (sliced)
- 45 milliliters Coconut Aminos
- 5 milliliters Sesame Oil (toasted)
- 3 stalks Green Onion (sliced)
- 9 grams Sesame Seeds (optional)

Directions

- 1 In a large skillet over medium heat, add the avocado oil and the chicken and cook for 7 to 8 minutes or until cooked through. Remove the chicken from the pan and set aside.
- 2 In the same skillet, add the minced garlic and sauté for 1 minute. Add the bok choy and cook for 1 minute. Add the mushrooms. Stir and cook for 4 to 5 minutes until everything is cooked. Add the coconut aminos and return the chicken to the pan. Add the sesame oil and stir to incorporate.
- 3 Divide between bowls. Top with green onions and sesame seeds, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serve it With: Use quinoa or cauliflower rice as your stir fry base.

No Coconut Aminos: Use tamari or soy sauce instead.

More Flavour: Add chili flakes to taste.