



# Jerk Chicken Stir Fry



prep time  
5 minutes



total time  
20 minutes



servings  
3-4

## Ingredients

- 1 pound/450 grams chicken tenderloins /breast, chopped into 1-inch cubes  
~13 servings of protein
- 1-2 tbsp wet jerk seasoning
- OR spice combo:
  - 1-2 tsp allspice
  - ¼-½ tsp peppercorn or black pepper
  - 1 tsp habanero sauce (optional)
  - 1 tsp nutmeg
  - 1-2 tsp fresh thyme
  - 1 tsp coconut sugar (skip during nutrition challenges)
  - 1/2 tsp lime juice
- 2 tsp salt
- Avocado cooking spray
- 3 cups frozen veggie blend  
~3 servings of veggies
- 3 tbsp coconut aminos
- 2 tbsp True Food Veggie Ketchup (optional)
- 1 tbsp balsamic vinegar (optional)

 quick & simple meal

## Instructions

- 1 In a bowl, season chicken cubes with jerk seasoning/spice and salt. Cover and set aside.
- 2 Whisk aminos, ketchup and balsamic vinegar together and set aside
- 3 Heat a non-stick skillet to medium to high heat. Once hot spray with oil then add 3-4 cups of frozen veggies. Stir fry veggies until they begin to thaw out releasing liquid, keep uncovered as you stir to allow water to evaporate, about 4-5 minutes.
- 4 Remove from the pan and place in a bowl, set aside.
- 5 Reduce heat to medium, lightly spray it again with oil, then toss in chicken cubes. Sear chicken for about 5-6 minutes until chicken begins to brown. Then add veggies back into the pan and toss everything together.
- 6 Pour sauce or plain aminos, mix and cook for an additional minute or 2.



Whole Recipe Serving Breakdown:  
13 servings protein  
0 servings carb  
0 servings fat  
3 servings veggies

