



Thai Black Pepper Chicken



prep time
10 minutes



total time
25 minutes



servings
4

Ingredients

- 2 pounds/900 grams boneless skinless chicken thighs or breasts, thinly sliced ~ 26 protein servings
- 2 tablespoons corn starch or flour
- 1 teaspoon ground turmeric
- 1 teaspoon ground ginger
- 1-2 teaspoons black pepper, using more or less to your taste
- 3 tablespoons sesame oil ~ 3 fat servings
- 1/4 cup honey ~ 3.5 carb servings
- 1/4 cup coconut aminos or low sodium soy sauce
- 2 tablespoons rice vinegar
- 1/2 teaspoon crushed red pepper flakes
- 2 medium shallots, sliced or chopped
- 2 small heads broccoli, chopped ~ 4 veggie servings
- 2 red bell pepper ~ 2 veggie servings
- 1/2 cup raw cashews ~ 2 fat servings
- zest and juice of 1 lime
- 1/2 cup fresh basil or cilantro, roughly chopped ~ 1/2 veggie serving

 one pan meal

Instructions

- 1** In a medium bowl, toss together the chicken, cornstarch, turmeric, ginger, black pepper, and 1 tablespoon oil.
- 2** In a glass jar, combine the honey, soy sauce, rice vinegar, red pepper flakes, and 1/4 cup water.
- 3** Heat the remaining 2 tablespoons of oil in a large skillet over medium heat. When the oil shimmers, add the chicken and brown all over, until it becomes crispy, about 5 minutes. Add the shallots, broccoli, bell pepper and cashews, cook another 2-3 minutes, until the broccoli is charring. Pour in the honey/soy sauce mix. Bring the sauce to a boil over medium-high heat and cook until the sauce coats the chicken, about 5 minutes. Remove from the heat and stir in the lime zest, lime juice, and the basil.



We suggest serving on top of rice/cauliflower rice and with additional basil and limes. Enjoy!

Whole Recipe Breakdown:
26 Servings Protein
3.5 Servings Carb
5 Servings Fat
6.5 Servings Veggies

