

# Orange-Ginger Chicken Stir Fry

*This quick and easy stir fry is so easy to adapt to what you've got on hand and what your family likes – and when you do the chopping ahead of time, you're just 15 minutes away from a delicious and satisfying meal.*

🕒 Prep: 15 mins Cook: 15 mins Total: 30 mins

👤 Servings: Serves 4

1x	2x	3x
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## INGREDIENTS

- 1 lb. boneless, skinless chicken breasts, thinly sliced (*may substitute chicken thighs*)
- 1½ Tbsp. Thrive Culinary Algae Oil, divided
- ⅓ cup coconut aminos
- Juice of 1 orange
- 2 tsp. orange zest
- 2 Tbsp. water
- 2 cloves garlic, minced (*may substitute 1 tsp. garlic powder*)
- 1 tsp. freshly grated ginger (*may substitute ½ tsp. dried ground ginger*)
- 1 small head broccoli, cut into florets (about 4 cups)
- ½ cup sliced onion
- 3 medium carrots, peeled and thinly sliced
- 1 bell pepper, any color, thinly sliced
- 2 green onions, white and green parts thinly sliced

*Optional toppings: Chopped cashews or almonds, crumbled toasted seaweed, sesame seeds or gomasio.*

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## INSTRUCTIONS

1. Combine coconut aminos, orange juice, zest, water and garlic, and ginger if using the dried form, (if using fresh, reserve for later) in a small bowl. Set aside.
2. Heat ½ Tbsp. oil in a large sauté pan, wok, or skillet over high heat (medium-high if using a cast iron skillet).
3. Add half of the chicken and cook until no longer pink in the center. Remove chicken to a plate and repeat with another ½ Tbsp. oil and remaining chicken.
4. Wipe pan clean (if desired) before adding ½ Tbsp. oil. When the pan is hot, add onions and carrots and stir-fry for 3-4 minutes.
5. Add broccoli and peppers, continue to stir for another 3-4 minutes, then add fresh garlic and ginger, if using, and cook another 30 seconds or until fragrant.
6. Add chicken back to the pan with the vegetables then pour sauce over everything. Stir to coat, add green onions and cook for an additional 1-2 minutes until meat is warmed through and

vegetables are tender to your liking.

7. Top with toppings of choice.

8. Serve over cauliflower rice for a Whole30-friendly option or with rice or rice noodles, if desired.

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## NOTES

*\*Feel free to use 6 cups of any combination of vegetables – cabbage, zucchini, snap peas, green beans, water chestnuts, celery, asparagus etc. to suit your tastes or use up what you've got on hand.*

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## NUTRITION INFORMATION

**Serving Size:** 1/4th recipe (without cauliflower rice or addl. toppings) **Calories:** 270 **Fat:** 10g  
**Sodium:** 508mg **Carbohydrate:** 17g (**Fiber:** 5g **Sugar:** 10g) **Protein:** 30g

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## DIETARY

**Dairy-Free Egg-Free Gluten-free Grain-Free Nut-free Paleo Whole30**

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