

# CHILI CHARD

**Time: 30 minutes**

**Serves: 4**

### Ingredients:

- 1 tablespoon extra virgin coconut oil
- 2 red chili peppers – seeded and finely chopped
- 4 cloves garlic – finely chopped or crushed
- ½ teaspoon fresh ginger grated
- 1 pound boneless-skinless chicken breast – sliced
- 2 bunches red chard – stalks discarded & leaves sliced to 1” strips
- 2 tablespoons oyster sauce
- 2 tablespoons water

### Preparation:

Preheat a wok on high heat and add the coconut oil.

Add the chili peppers, garlic and ginger to the wok, stir-frying for thirty seconds.

Place the chicken in the wok and stir-fry for two minutes.

Add the chard, and stir for another two minutes.

Stir in the oyster sauce and water, stirring often for another two minutes or until the chard is cooked to your liking.

Remove from heat and serve immediately.

### Nutritional Information Per Serving:

- Calories: 221
- Fat: 5g
- Carbs: 13g
- Fibre: 5g
- Protein: 31g