

CHICKEN STIR FRY SALAD

Time: 30 minutes

Serves: 4

Ingredients:

2 tablespoons soy sauce
2 tablespoons dry sherry
2 teaspoons sriracha
1 teaspoon stevia
1 tablespoon extra-virgin coconut oil
8 shallots – thinly sliced
1 pound boneless-skinless chicken thighs – sliced into strips
8 ounces snow peas – ends trimmed
1 red bell pepper – seeded and sliced into strips
14 ounce can baby corn – rinsed, drained and halved
8 ounces baby spinach

Preparation:

In a small bowl, mix together the soy sauce, sherry, sriracha and stevia.

Place a heavy wok over high heat and add the coconut oil. Once the oil is hot, add the shallots and stir-fry for three minutes.

Add the chicken to the wok and stir-fry for three more minutes.

Add the snow peas, red pepper and corn, continuing to stir-fry for three additional minutes.

Pour the sauce mixture over the stir-fry and simmer for two minutes.

Plate the spinach then top with the stir-fry and sauce.

Nutritional Information Per Serving:

Calories: 303

Fat: 9g

Carbs: 30g

Fibre: 5g

Protein: 29g