

Chicken and Broccoli



Ingredients

- 2 Large Chicken Breasts
- 1-2 cups Broccoli
- 1-2 cups Cauliflower Rice
- 1 Tablespoon Garlic Powder
- 1 Tablespoon Onion Powder
- 3 Tablespoons Coconut Oil
- Soy Sauce (approx. 3 ounces)
- Fresh Ginger (2-3 ounces)
- Himalayan Salt
- 2-4 packs Splenda

Utensils

- Large and small pan
- Spoon
- Tongs if you have them (or fork)
- Peeler



Recipe Instructions

Step 1: Cut Chicken

Cut Chicken into cubes.
Clean surface

Step 2: Melt oil

Use 2 Tablespoons of oil in larger pan, 1 in smaller pan and melt on medium heat.

Step 3: Add Chicken

Season Chicken with garlic, onion and salt, add to large pan and cook until done, about 10 minutes

Step 4: Make Sauce

In small pan with coconut oil add soy, ginger (peel skin and shave with vegetable peeler) and Splenda.

Cook until combined/thick

Step 5: Add Veggies

Add Broccoli and Cauliflower Rice to pan with chicken, cook until warm

Step 6: Serve

Plate chicken, top with sauce and ENJOY!!



Scan this QR code with your phone for an instructional video on how to make this recipe.

Kitchen Safety Tips: Always make sure handles on pots are facing in, use pot holder or hot pad!

Chef Tip: if you don't like coconut oil, use avocado or olive oil!