

Paleo Chicken Stir-Fry

Quick 15-minute Paleo Chicken Stir-Fry with coconut aminos sauce. Healthy, gluten-free dinner packed with vegetables and ready in under 30 minutes.

10 min

PREP

15 min

COOK

25 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 1 lb chicken meat
- 1 tbsp coconut oil
- 2 bell pepper
- 1 zucchini
- 2 carrot
- 2 scallion
- 2 clove garlic
- 1 cup broccoli
- 1 fresh root ginger
- 1 cup soy sauce
- 1 tbsp roasted sesame oil
- 1 tbsp vinegar
- 1 tsp fish sauce
- 1 tsp chili flakes

Instructions

1 Prepare ingredients

Cut 1 lb chicken breast into thin strips about 1/4-inch thick, slicing against the grain. Cut 2 bell peppers into 1-inch strips. Cut 1 zucchini into half-moons about 1/4-inch thick. Cut 2 carrots into thin diagonal slices. Mince 2 cloves garlic and 1 tbsp fresh ginger.

2 **Make the sauce**

Whisk together 1 cup coconut aminos, 1 tbsp sesame oil, 1 tbsp apple cider vinegar, 1 tsp fish sauce, and 1 tsp red pepper flakes in a small bowl until smooth.

3 **Cook the chicken**

Heat 1 tbsp coconut oil in a large wok or heavy skillet over high heat until the oil shimmers and begins to smoke lightly. Add chicken strips in a single layer and stir-fry for 4-5 minutes until golden brown and cooked through to 165°F (74°C).

4 Transfer cooked chicken to a plate and set aside.

5 **Stir-fry aromatics**

Add minced garlic and ginger to the same pan and stir-fry for 30 seconds until fragrant but not browned.

6 **Cook harder vegetables first**

Add sliced carrots to the pan and stir-fry for 2 minutes until they start to soften slightly. Add 1 cup broccoli florets and continue stir-frying for 2 more minutes until bright green.

7 **Add remaining vegetables**

Add bell pepper strips and zucchini slices to the pan and stir-fry for 2-3 minutes until vegetables are tender-crisp and still have some bite.

8 **Combine and finish**

Return cooked chicken to the pan and toss with vegetables for 1 minute. Pour sauce over everything and stir constantly for 1-2 minutes until sauce thickens and coats all ingredients evenly.

9 Remove from heat and serve immediately while hot.

Tips

Slice chicken against the grain into thin strips for maximum tenderness. Partially freeze the chicken for 15-20 minutes before slicing to make cutting easier and more precise.

Heat your pan or wok until smoking hot before adding any ingredients. High heat is essential for proper stir-frying and prevents vegetables from becoming soggy.

Cut all vegetables into uniform sizes to ensure even cooking. Harder vegetables like carrots should be slightly smaller than softer ones like zucchini.

Cook ingredients in order of cooking time required. Start with chicken, then add harder vegetables first, finishing with quick-cooking items like leafy greens.

Have all ingredients prepped and ready before you start cooking. Stir-frying happens quickly, and there's no time to chop vegetables once you begin.

Don't overcrowd the pan, which causes steaming instead of searing. Cook in batches if necessary to maintain high heat and proper texture.

Add the sauce only in the last minute of cooking to prevent it from burning and to maintain the vibrant colors of the vegetables.

Taste and adjust seasoning at the end, adding more coconut aminos for saltiness or red pepper flakes for heat as desired.