

Spicy Coconut Lime Stir Fry – Makes ~5 servings

<https://www.eminenzenutrition.com/spicy-coconut-lime-stir-fry>



Ingredients:

- ¾ cup Uncooked brown or white rice
- 4 Chicken breasts, cut into cubes
- 1 Red onion, diced
- 4 Garlic cloves, minced
- 2 tbsp. Fresh ginger, minced
- 2 Bell peppers, diced
- 1 Broccoli crown, diced
- Juice from 1 lime
- 1 can Aroy D coconut milk
- ¼ cup Chicken broth
- 1-4 tsp. Chili garlic sauce
- Olive oil

Directions

1. Cook rice according to package instructions.
2. Toss the chicken with some olive oil, salt and pepper in a medium bowl
3. Add the chicken to a large pan on medium heat and fry until fully cooked. Once it's done, remove chicken from the pan and set aside.
4. Add the red onions to the pan and fry for ~15minutes on low to medium heat. The longer they cook the better they'll taste. We don't want to burn them though, be careful not to have the heat too high.
5. Add the garlic and ginger and stir until fragrant, ~2 minutes.
6. Add the peppers and broccoli and cook until tender crisp, ~4 minutes.
7. Stir in the lime juice, coconut milk, chicken broth and chilli garlic sauce (add one tsp. of the chili garlic sauce at a time and taste until desired spiciness).
8. Serve with chicken on rice.
9. Enjoy 😊