ATHLETE

Chicken Thigh Stir Fry

8 servings | 35 minutes | Jen Frudaker

Ingredients

3lbs chicken thighs
3 bags riced cauliflower
1 bag frozen mixed veggies
1/2 onion, diced
1 bunch scallions, sliced
2 crown broccoli, chopped
1 tbsp sesame oil
2 tbsp minced garlic
2 tbsp ginger
1 tbsp Siracha
5 tbsp low sodium soy sauce
1/2 cup balsamic vinegar
1 lemon juice (use an orange if you want some sweetness)

Serving: 3oz Chicken + 1/8 of Rice
Calories: 218 kcal
Carbohydrates: 16g
Protein: 25g
Fat: 6g

Instructions

CHICKEN

1. Combine soy, balsamic, ginger, garlic, Siracha & mix well.
2. Pour half the mixture over chicken thighs and marinade 3 - 24 hours.
3. In a hot skillet on medium to high heat, cook chicken on either side for 5-7 minutes, turning half way through.
4. Let cool, dice & add 3oz chicken to each serving

RICE

1. Heat 1 tbsp sesame oil and sauté half diced onion until softened
2. Add 3 bags frozen cauli rice & 1 bag frozen mixed veggies.
3. Once heated through, add remaining half of soy/balsamic mixture + sliced bunch of scallions + 2 crowns of broccoli
4. Cook until broccoli is tender but still firm.