

## THAI-STYLE GINGER CHICKEN

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Ginger Chicken is a very popular stir-fry dish in Thai restaurants. It is quick and easy to prepare at home and can be adapted to pretty much any variety of vegetables you enjoy and have available. This version features health and brain-boosting broccoli, spinach, bell pepper, and onion. Tofu or shrimp can be used in place of the chicken, if you like. When customizing, aim for a ratio of about 10 - 12 ounces of protein + 4 cups cut veggies (1 extra cup if using greens) for the stated amount of sauce.

To maintain the flavor profile yet reduce the amount of sodium and highly-refined sugar commonly found in dishes of this sort, this recipe uses savory coconut aminos in place of fish sauce, and nutrient-rich molasses instead of processed white sugar.

Makes: 3 - 4 servings

### INGREDIENTS

#### Sauce:

- 3 tablespoons coconut aminos
- 2 tablespoons oyster sauce (regular or vegan)
- 1 1/2 tablespoons rice wine vinegar
- 1 1/2 tablespoon minced ginger
- 1 tablespoon minced garlic (2 cloves)
- 1 tablespoon molasses

#### Stir-Fry:

- 2 tablespoons avocado or vegetable oil, divided
- 12 ounces thin-sliced chicken (breast or thigh meat)
- 1 cup broccoli florets, cut into small bite-sized pieces
- 1 cup bell pepper (red, yellow or orange), cut into 1/4-inch slices
- 1 cup sweet onion, cut into 1/2" – 1/4" slices
- 2 cups chopped spinach or super greens mix

cooked Jasmine or basmati rice, or soba or rice noodles for serving  
optional garnish – sprinkling of chiffonade Thai or Sweet basil leaves or chopped cashew nuts

### DIRECTIONS

1. In a small mixing bowl, whisk together the sauce ingredients – coconut aminos, oyster sauce, rice wine vinegar, molasses, ginger, and garlic.

2. In a large wok or skillet, heat 1 tablespoon of oil over medium-high heat. Carefully add the broccoli, bell pepper, and onion to the pan. Stir fry for about 1 minute to partially cook and slightly brown. Transfer these vegetables to a plate or bowl and set aside.
3. Add the remaining 1 tablespoon of oil to the wok or skillet. Add the chicken and allow it to sear slightly on one side before moving it around, about 1 minute. Stir-fry to cook the chicken on all sides for another 1 minute.
4. Add the cooked vegetables back into the pan along with the sauce and the spinach (or super greens). Stir to coat and allow the vegetables to cook further and the sauce to heat through and thicken slightly, about 2 minutes.
5. Serve immediately over cooked rice or noodles. Garnish with a sprinkling of basil or cashew nuts, if desired.