

Dinner – Paleo

Chicken Pad Sew Ew



SERVES: 4 PREP: 25 min. COOK: 20 min.

Ingredients

1 lb. boneless and skinless chicken breast, sliced

3 cups broccoli

10 carrots, sliced very thin (almost as thin as the shavings you would get from peeling them)

3 green onions, thinly sliced

3 garlic cloves, peeled and minced

1 thumb size knob of fresh ginger, peeled and minced

½ cup coconut aminos

2 tbsp. raw honey

2 eggs, beaten

Cooking fat

Sea salt and freshly ground black pepper

Preparation

1. Melt some cooking fat in a skillet placed over a medium-high heat.
2. Add the garlic and ginger to the skillet and sauté for 2 to 3 minutes.
3. Add the chicken and sauté for another 5 minutes.
4. Add the broccoli, coconut aminos, and honey, and cook until broccoli has softened a bit.
5. Add the carrot and green onions and cook for another 5 minutes.
6. Push the vegetable-chicken mixture to the perimeter of the skillet, making an empty space in the middle. Scramble the eggs in the empty space.
7. Mix everything together and serve.