

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Chicken Basil Stir Fry

[The Real Food Diet Cook Book, by Dr. Josh Axe]

Ingredients:

- 1 tbsp coconut oil
- ½ large red onion, thinly sliced
- 3 large shitake mushrooms, thinly sliced
- ½ tsp grated orange peels
- 2 cups small broccoli florets
- 2 small carrots, peeled & julienne cut
- 1 lb chicken breast, cut into ¾ inch cubes
- 2 tbsp fresh basil, chopped
- 2 tsp Bragg's liquid aminos, or to taste
- 1 tsp mirin (optional)

Directions:

- Heat oil in large skillet over medium heat. Sauté onion, mushrooms and orange peel until lightly browned, about 3-5 minutes.
- Add broccoli and carrots and stir fry an additional 3-5 minutes. Transfer veggies to a bowl and set aside.
- Add more oil to pan if needed and cook chicken for 5 minutes or until done.
- Return veggies to skillet, then season with basil, aminos and mirin. Cook for 1 minute more, or until heated through.