

Easy AIP Stir Fry with Chicken and Vegetables (Paleo, GF)

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4.5 from 2 votes

This quick flavorful meal is simple and perfect for busy nights.

Prep Time
15 mins

Cook Time
20 mins

Course: Main Course Keyword: Asian food, chicken, Chinese food, stir fry Servings: 5
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Ingredients

Meat

- 1-2 tbsp avocado oil (or coconut or olive oil)
- 1/2 yellow onion, diced
- 2 lb [chicken breasts](#) diced
- 1 tsp [garlic powder](#)
- 1 tsp [sea salt](#)

Vegetables

- 1-2 tbsp avocado or olive oil
- 1 cup carrots, peeled and sliced
- 1 cup sliced brussels sprouts
- 8 oz sliced mushrooms
- 8 oz can of sliced water chesnuts
- 1 tsp [sea salt](#)

Sauce

- 1 tsp fresh ginger, peeled and finely grated
- 1 tsp [garlic powder](#)
- 3 tbsp [coconut aminos](#)
- 1/2 tsp [salt](#)
- 1/2 tbsp [arrowroot starch](#)
- 1/2 tbsp [honey](#)
- 1 tbsp lemon juice

Serve Stir Fry with:

- 5 cups steamed cauliflower rice

Instructions

1. Cut all your vegetables and meats before turning on the stove. Also, mix the sauce before starting.
2. In a large wok or frying pan over medium-high heat, heat 1-2 tbsp oil and add diced chicken. Cook for about 3 minutes, allowing it to brown and then flip the pieces over and do the same on the other side.

3. Once the chicken is cooked through, remove it from the pan and set aside in a bowl or on a plate.
4. Using the same pan, over medium-high heat, add another 1-2 tbsp oil and then add all the vegetables except the water chestnuts. Saute for about 5-7 minutes while stirring frequently, until vegetables are tender.
5. Add the water chestnuts, chicken and sauce to the pan. Stir the mixture until the sauce is well incorporated. Simmer over medium-low heat for about 5 minutes allowing the sauce to thicken, then cool slightly, spoon over cauliflower rice and serve.

Notes

The cooking times for this recipe are made as if you're using a frying pan so if you use a wok or iron skillet, just be aware that your cook times may be a little shorter.

Optional garnishes: citrus wedges, or fresh herbs like cilantro, mint, or basil.

Store in the Fridge in an airtight container (preferably glass) for up to 5 days.