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Low Carb Keto Ginger Chicken Recipe



Nutritional Info (Makes 4 servings)

Kcals per serving: 331

Fat: 18.7 g

Protein: 27.1 g

Carbs: 16 g

Net Carbs: 9.9 g

Ingredients

Sauce:

¼ cup coconut aminos

¼ cup erythritol

2 TBS coconut vinegar

1 TBS grated ginger root

4 garlic cloves

1 TSP chili garlic sauce

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1 TSP guar gum

Entree:

2 cups water

8 oz Asparagus

8 Oz Button Mushrooms, sliced

4 TBS Mct oil

Sea Salt + Pepper to taste

1 pound skinless boneless chicken thighs, cubed

1 Cup Red onion

Recommended Kitchen Tools:

Measuring cups and spoons

Small bowl

Mixing spoon

Sauce Pan

Chef Knife

Kitchen Scissors

Pan or Cast Iron Skillet

Instructions

1. Mix sauce ingredients together in a small bowl. Set to the side.
2. Boil 2 cups of water in a sauce pan (Add more if needed). Boil the asparagus until slightly soft. Rinse in cold water. Set to side.
3. Heat 2 tbsp MCT oil in a pan or cast iron skillet over medium-high heat. Add button mushrooms. Cook around 5-10 minutes until mushroom water has dissolved. Remove from pan and set to side.
4. Heat the other 2 tbs of mct oil over medium high heat. Season chicken with salt and pepper. Cook until chicken is cooked through.
5. Add onions. Cook until onions become translucent, around 3-5 minutes.
6. Add mushrooms back to the pan or cast iron skillet and cook for another 1-2 minutes. Add asparagus.
7. Pour sauce over the stir-fry and cook until everything is coated evenly, around 1 minute.
8. Divide into 4 bowls and serve or store in air-tight containers if meal prepping.