

# Gluten-Free Stir Fry

**Servings:** 4

**Prep time:** 15 minutes

**Cook time:** 15 minutes

## Ingredients:

- 1 lb boneless, skinless chicken breasts, thinly sliced
- 1 tablespoon olive oil
- 1 large carrot, peeled and shredded
- 1 red bell pepper, thinly sliced
- 1 cup chopped green beans
- 8 ounces sliced mushrooms
- 1/4 cup coconut aminos
- 2 cloves garlic, minced
- 1 teaspoon grated ginger
- 1/4 teaspoon red pepper flakes (optional)
- Salt and pepper to taste

## Directions:

### *Step 1*

**Prep the Chicken:** In a bowl, toss the chicken with 1/2 teaspoon salt and 1/4 teaspoon pepper.

### *Step 2*

**Heat the Oil:** Heat the olive oil in a large skillet or wok over medium-high heat.

### *Step 3*

**Cook the Chicken:** Add the chicken to the skillet and cook, stirring occasionally, until browned and cooked through, about 5-7 minutes. Remove from the skillet and set aside.

### *Step 4*

**Sauté the Vegetables:** Add the carrots, bell pepper, green beans, and mushrooms to the skillet. Cook, stirring occasionally, until the vegetables are tender-crisp, about 5-7 minutes.

### *Step 5*

**Make the Sauce:** In a small bowl, whisk together the coconut aminos, garlic, ginger, and red pepper flakes (if using).

### *Step 6*

**Combine:** Return the chicken to the skillet with the vegetables. Pour the sauce over the chicken and vegetables, and cook for 1-2 minutes, or until the sauce has thickened slightly.

### *Step 7*

**Serve:** Serve immediately over rice, quinoa, or cauliflower rice.

## *Tips and Variations*

- **Add-ins:** Feel free to add other vegetables to this stir-fry, such as broccoli, snap peas, or water chestnuts.
- **Spice it up:** Increase the amount of red pepper flakes or add a pinch of cayenne pepper.
- **Make it vegetarian:** Substitute the chicken with firm tofu, tempeh, or extra vegetables.
- **For extra flavor:** Add a pinch of sesame oil to the skillet before cooking the vegetables.