

# Chicken & Broccoli Stir Fry

## INGREDIENTS:

4 Boneless skinless chicken thighs  
1 T ghee  
3 cups broccoli, chopped into florets  
¼ cup No-Soy Teriyaki Sauce  
3 T Coconut aminos (or gluten free tamari sauce)  
Cauliflower rice or rice, cooked

## PROCESS:

Thinly slice the chicken thighs

Heat a large, heavy skillet over medium high heat. Add the ghee when the pan is hot, swirl around, then add the chicken.

Fry the chicken until cooked through, then add the broccoli to the pan.

Add the soy-free teriyaki and coconut aminos, and saute until the broccoli is tender crisp (about 5 minutes).

Serve over cauliflower rice or white rice.

ENJOY!

From: [primalpalate.com](http://primalpalate.com)

