

# Sweet and Sour Chicken

THM-Friendly: E

- 1 tsp. coconut oil
- 1 boneless skinless chicken breast

Trim off any fat from the chicken. Cut the chicken into small chunks and cook in the coconut oil in a large frying pan. Add red pepper flakes (if desired). When the chicken is nearly cooked, add:

- 1/2 - 1 cup seasoning blend (or fresh peppers/onions/celery)
- 1 cup chicken broth
- 1/2 tsp. ground ginger
- 2 Tbsp. Bragg's amino acids
- 2 Tbsp. Swerve Brown
- garlic powder and onion powder (to taste)

Simmer for a couple of minutes until the veggies are tender. Then add:

- 1 cup fresh pineapple
- pepper and mineral salt (to taste)

Simmer until the pineapple is softened. Then push the chicken/pineapple to one side and slowly whisk in:

- 1/2 tsp. gluconic or xanthan gum
- 2 Tbsp. apple cider vinegar

Cook for a few minutes to thicken. Add to the pan:

- konjac noodles or cauli rice or brown rice or quinoa
- 2-3 fresh or frozen cherries

Sprinkle with sesame seeds and enJOY!

\*If you serve with brown rice, reduce your pineapple to 1/2 cup.

