

Yaki Stir Fry

Recipe makes 4 servings, each serving is:

480
kcal

13 g
fat

57 g
carbs

43 g
pro

Ingredients

- 400 g extra lean ground chicken breasts
- 3 c. raw broccoli
- 1 c. carrots, matchstick
- 1 bell pepper, chopped
- 1 yellow onion, chopped
- ½ c. celery, chopped
- 2 Tbsp garlic, minced
- 2 c. fresh pineapple, chopped
- 2 Tbsp sesame oil
- ½ c. low sugar teriyaki Sauce
- 1.5 Tbsp Worcestershire sauce
- 1 Tbsp pureed ginger
- Salt & pepper
- Sesame Seeds
- 3 c. cooked quinoa

Directions

1. In a large frying pan, over medium heat, add some olive oil, along with the carrots, bell pepper, onion, and celery. Cook until slightly tender.
2. Add the ground chicken and cook until 90% of the pink is gone.
3. Add the remaining ingredients, except for the sesame seeds, and let it cook together until all vegetables are cooked to the desired texture. About 5-10 minutes.
4. Serve with rice & sesame seeds over top.



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