

Honey Lime Chicken

RECIPE LIGHTLY ADAPTED FROM CLEANFOODCRUSH.COM



Ingredients

For the chicken:

1 tablespoon coconut oil or olive oil
1 pound ground chicken
3 garlic cloves, minced
2 cups SWP Peas
2 carrots, shredded
Salt and pepper

For the sauce:

1 fresh lime, juiced
1 tablespoon cornstarch
¼ cup raw honey
¼ cup soy sauce or coco aminos
2 tablespoons sesame oil

For serving:

2 cups cooked rice
Sesame seeds
Green onions, diced

Directions

1. Cook rice of your choice according to package directions. While the water starts to boil, go ahead and make your sauce and chicken. In a small bowl, whisk the lime juice together with the cornstarch until smooth. Add the remaining ingredients for your sauce and stir to combine. Set aside.
2. Heat oil of your choice in a large skillet over medium heat. Cook the chicken while breaking it up with a spatula.
3. Once the chicken starts to brown, drain if needed, then sprinkle with salt and pepper. Add the peas and carrots, stirring frequently for 4-6 minutes. Add the garlic and cook for exactly 1 more minute so the garlic doesn't burn.
4. Pour the honey sauce over the chicken mixture and stir to coat. Continue to cook for about 3 minutes.
5. To assemble your chicken bowls, top honey chicken to the top of some rice. Sprinkle with green onions and sesame seeds. Enjoy!