

Asian Stir Fry

PRINT

Serves: 4

Click on green text to buy ingredients

Ingredients

Instructions

1. Rinse the chicken and pat dry. Cut into 1-inch cubes and transfer to a plate.
2. Heat the coconut oil in a [very large frying pan](#) over medium heat
3. Saute the onion for 8 to 10 minutes, until soft and translucent
4. Add the broccoli, carrots, and chicken and saute for 10 minutes until almost tender
5. Add the bok choy, mushrooms, zucchini, and salt and saute for 5 minutes
6. Add 1 cup of the water, cover the skillet, and cook for about 10 minutes, until the vegetables are wilted
7. In a [small bowl](#), dissolve the arrowroot powder in the remaining ½ cup of water, stirring until thoroughly combined
8. Add the arrowroot mixture to the vegetables and cook for 2 to 3 minutes, stirring constantly, until the sauce thickens and becomes glossy
9. Stir in the sesame oil, and vinegar, then serve



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SHAPE

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