

TERIYAKI CHICKEN

Sweet, savory, and sticky keto teriyaki chicken, served over cauliflower rice



INSTRUCTIONS

1. Prep the chicken

- 1 1/4 lbs boneless skinless chicken breasts, diced into 1-inch cubes

Wash the chicken and pat it completely dry with paper towels. Dice into 1-inch cubes.

2. Make the marinade

- 1/4 cup tamari or coconut aminos
- 1/4 cup water
- 3 1/2 Tbsp monk fruit allulose blend
- 1 Tbsp rice vinegar
- 1/4 tsp toasted sesame oil
- 2 tsp peeled and minced fresh ginger
- 2 tsp peeled and minced fresh garlic (2 cloves)
- 1/2 tsp xanthan gum

In a bowl, whisk together the tamari or coconut aminos, water, monk fruit allulose blend, rice vinegar, sesame oil, ginger, and garlic. Sprinkle in the xanthan gum while whisking continuously — this keeps it from clumping. Whisk until fully smooth.

3. Marinate the chicken

Add the chicken to the marinade and toss to coat. Cover and refrigerate for at least 4 hours, up to overnight, for the best flavor.

4. Cook the chicken

- 1 Tbsp beef tallow or avocado oil

Heat the beef tallow or avocado oil in a 12-inch non-stick skillet over medium-high heat. Remove the chicken from the marinade with a slotted spoon, reserving the marinade, and add the chicken to the skillet. Cook, giving the pieces space, until browned on the bottom, about 3 to 4 minutes, then flip and cook until the center reaches 165°F, about 3 minutes longer.

5. Add the sauce

Pour the reserved marinade into the skillet with the chicken. Cook and toss until the sauce thickens and coats the chicken, about 30 to 60 seconds.

6. Serve

- Sesame seeds and chopped green onions, for serving (optional)

Serve warm over cauliflower rice, garnished with sesame seeds and green onions if desired.

NUTRITION (per serving, makes about 4 servings)

Does not include cauliflower rice

- Calories: 210
- Total Fat: 7g
- Total Carbs: 3g
- Fiber: 0g
- Net Carbs: 3g
- Protein: 30g

STORAGE

Keep in an airtight container in the fridge for up to 3 to 4 days.



Recipe created by Mind-Body Functional Health.
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