Phat Si Ew

Ingredients:

2 boneless skinless chicken breast

2 bunches of broccolini

3 large carrots

5-6 cloves of garlic pressed

About a ¼- ½ C. Coconut aminos

2 eggs

Sea Salt

Pepper

Ground Ginger

Coconut Oil

Directions:

Slice chicken into thin strips and season with sea salt, pepper and ground ginger

Cut broccolini in half and use a peeler to make carrot noodles set to the side.

In a large pan heat coconut oil, add chicken and cook until browned. Add in the pressed garlic and coconut aminos toss to coat chicken. Add in the broccolini and carrot noodles. Toss it all together and let cook 2-3 minutes. Once the carrots and broccolini get soft push everything to the side of the pan and scramble the 2 eggs in the open side of the pan. Toss it all together and serve.