

# Lemon Chicken & Asparagus Stir Fry with Cauliflower Rice



40 minutes | 2 servings

## Find cookware

[chef's knife](#)  
[citrus juicer \(optional\)](#)  
[cutting board](#)  
[garlic press \(optional\)](#)  
[grater or food processor](#)  
[measuring spoons](#)  
[mixing bowls](#)  
[stainless steel skillet](#)  
[stirring spoon](#)  
[vegetable peeler](#)  
[whisk or fork](#)

## Grab ingredients

1 small bunch	asparagus
1 medium head	cauliflower
½ lb	chicken breasts, boneless skinless
1 clove	garlic
1 (1 inch) piece	ginger root
½	lemon
	arrowroot starch/powder
	black pepper
	salt
	tamari soy sauce
	virgin coconut oil
	xylitol

## Cook & enjoy

- 1 Wash the cauliflower and remove the leaves. Using a food processor or box grater, grate to rice-like texture. Transfer to a large bowl and set aside.  
1 medium head cauliflower
- 2 In a skillet, heat oil over medium-high heat. Add the cauliflower and cook, stirring occasionally, until the rice is slightly browned and tender, 7-10 minutes. Return to the bowl and set aside.  
1 tbsp virgin coconut oil
- 3 Peel and mince the garlic. Peel and mince or grate the ginger. Grate zest from the lemon.  
1 clove garlic  
1 (1 inch) piece ginger  
½ lemon
- 4 In a small bowl, create a slurry by whisking together water with arrowroot until smooth. Add the minced garlic and ginger, lemon zest and juice, tamari, and xylitol and whisk together. Set aside.  
3 tbsp water  
1 tsp arrowroot starch/powder  
zest and juice from ½ lemon  
1 tbsp tamari soy sauce  
1 tbsp xylitol
- 5 Wash the asparagus and snap (or cut) off the woody ends. Cut on an angle into 2 inch pieces. Transfer to a bowl.  
1 bunch asparagus
- 6 Cut the chicken into bite-sized pieces. Season with salt and pepper.  
½ lb chicken breasts, boneless skinless  
⅛ tsp salt  
⅛ tsp black pepper

- 7 Once the cauliflower rice has been removed, add more oil to the skillet. Add the chicken and cook until browned and cooked through, 2-3 minutes. Transfer to a plate.  
½ tbsp virgin coconut oil
- 8 Once the chicken has been removed, add more oil to the skillet. Add asparagus and cook, stirring occasionally, until bright green and tender-crisp, 3-4 minutes.  
½ tbsp virgin coconut oil
- 9 Return the chicken to the skillet and pour in the sauce. Stir-fry until heated through and sauce thickens, 1-2 minutes.
- 10 Place cauliflower rice in a bowl and top with the stir fry. Enjoy!