

Everyday Paleo Pancit



Pancit is a Filipino dish made with meat, noodles, and veggies and seasoned with soy sauce. My husband's grandfather on his mom's side was born and raised in the Philippines and passed his cultural and traditions on to his family, especially through the food! It's been years since my husband has had homemade pancit and after talking about the dish yesterday we remembered how great my recent [Sausage n' Cabbage Noodle](#) dish was and decided to try using the same method for pancit! So we went for it and well, it was good enough to blog about so I hope you all enjoy it as much as we did!! Next time I make this for variation I will sub half of the cabbage for grated sweet potato to give it a starchier element.

Everyday Paleo Pancit

1.5 lbs chicken breasts, cut into small bite size pieces

1 lb pork loin, cut into small bit size pieces

½ lb shrimp, tails removed and de-veined

2 tablespoons coconut oil

8 green onions, diced

2 teaspoons crushed garlic

4 carrots, grated

6-8 cups shredded green cabbage

¼ cup [coconut aminos](#) or Tamari wheat free soy sauce

1/4 cup chicken broth

2 tablespoons [fish sauce](#)

Black pepper to taste

Lemon wedges

In a large wok or skillet heat the coconut oil over medium to medium high heat. When the wok or pan is nice and hot, add the chicken, pork, green onions and garlic and saute for about 6-7 minutes or until the meat is done all the way through but still tender. Remove the meat from the pan and set aside. Add the cabbage and carrots to the wok or pan and cook until the cabbage is tender, about 4 minutes. Add the shrimp to the cabbage and saute together until the shrimps turn pink. Add the chicken and pork back to the veggies and pour in the coconut aminos or soy sauce, chicken broth, and fish sauce. Season with lots of black pepper. Stir well and cook for another minute or two. Serve in bowls with a lemon wedge.

Enjoy!!



