

Blackened Chicken Pepper Stir Fry

When you hear something described as a “stir fry” you probably have a picture in your head — soy and sesame coated chicken or beef, with maybe some broccoli and pea pods thrown in, all served over a big bowl of sticky rice.

That is definitely a stir fry, but in reality, the stir fry part of that term is just a cooking method — high heat, quick cooking, until you have browned meat and crisp tender veggies. The flavorings and additional ingredients are interchangeable. And most stir fries use high heat oil like peanut to fry in, but guess what? Ava Jane’s Kitchen Avocado Oil works perfectly.

So this is a stir fry in the technical sense, but it’s a bit different that you might be used to. But no less delicious, I promise. With a bold spicy seasoning, sweet bell peppers, and tender chicken cooked to perfection, this is a great keto-friendly meal when served over cauliflower rice. Or white rice if you want something a little more traditional.

Blackened Chicken Pepper Stir Fry

Serves 4

Prep time: 20 minutes

Ingredients:

2 tablespoons Ava Jane’s Kitchen Avocado Oil
1 1/2 pounds chicken breast, sliced
4 green onions, sliced
2 cups sliced bell peppers
1 tablespoon Ava Jane’s Kitchen Blackened Fish Seasoning
Juice of 1 lime
Cauliflower or white rice, for serving
Colima Sea Salt, for serving

Directions:

Heat the oil in a heavy skillet or wok to high heat. Add the chicken, and stir and cook until browned on all sides. Remove from pan and set aside.

Add the green onions, peppers, and seasoning, and stir and cook until crisp tender, adding a touch more oil if necessary.

Add the chicken back to the pan and continue cooking until chicken is cooked through. Add the lime juice.

Serve over rice of your choice with a sprinkling of Colima Sea Salt.