

Spiced Ginger Chicken

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Serves: 3-6

Ginger spiced chicken breast with a slightly sticky coating.

Ingredients

- 2 tablespoons coconut oil
- 3 chicken breasts, sliced in half lengthwise (so you have two thin fillets from each breast)
- 1 teaspoon salt
- 1 teaspoon ginger powder
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ½ teaspoon chinese five spice powder
- ¼ cup+ arrowroot powder or tapioca starch
- 3 tablespoons coconut aminos
- 1 tablespoon rice vinegar (or white balsamic for grain free)
- 1 cup chicken stock (the more gelatinous the better)

Instructions

1. Heat the coconut oil in a 16 inch skillet over medium heat.
2. Mix together the seasonings, sprinkle on the chicken.
3. Put ¼ cup arrowroot or tapioca starch on a plate, spread it out. Dredge the chicken in the arrowroot, adding more to the plate if necessary. Shake off excess starch.
4. Sear the chicken well on each side, working in two batches. It takes 2-3 minutes per side.
5. Remove from the pan and set aside.
6. Add the chicken stock, coconut aminos, and rice vinegar to the skillet. Turn to high heat and start to boil it. Boil for 3-4 minutes until the bubbles start to appear more hefty, it should reduce by about half.
7. Reduce the heat to low. Once the sauce has stopped boiling and is either standing still or just barely bubbling on the sides, add the chicken. Cover and cook for about 5 minutes, flip the chicken and cook for a 3-5 minutes more until it is cooked through. Remove the chicken, if the sauce is not thick enough bring it to a boil and boil for a few seconds to a minute. The sauce should just be thick enough to coat the back of a spoon, than have a trail left in it when you run your finger down the back of the spoon.
8. Serve the chicken with the sauce spooned over it.

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