

SAUTEÉD THAI LIME CHICKEN WITH SESAME STIR-FRY

A basic sauté that can incorporate any detox-friendly meat, tofu or seafood.

INGREDIENTS

- 180 g chicken (or seafood or tofu)
- 1 tablespoon sesame oil
- 1 cup bean sprouts
- 1 clove garlic
- 1 teaspoon minced ginger
- ½ cup snow peas
- ½ cup sliced red capsicum
- ¼ cup slivered almonds
- 1 tablespoon lemon/lime juice
- 1 tablespoon organic tamari

METHOD

- Sauté chicken or alternative with ginger, garlic and organic tamari until cooked but not browned.
- Add vegetables and cook for two to three minutes.
- Sprinkle slivered almonds over meal just prior to serving.
- Dress with lemon/lime juice and sesame oil.



DETOX