

Sticky Jalapeño Chicken

Recipe makes 6 meals

Ingredients

- 2 lbs Boneless Skinless Chicken Breast, chopped
- 1.5 cups White Rice, dry
- 1/2 cup Less Sodium Soy Sauce
- 1/4 cup Light Brown Sugar
- 4 large Jalapeños, sliced with most seed removed
- 3 Garlic Cloves, sliced
- 3 Tbsp Corn Starch, divided
- 2 Tbsp Cooking Oil
- 1/2 Tbsp Garlic Powder
- 1 tsp Onion Powder
- 1/4 tsp Ground Ginger
- 1/4 tsp Five Spice Powder
- Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 403

Fat - 6g

Carbohydrates - 51g

Protein - 38g

***Fiber - 1g**



SPICY

Estimated Cost
Per Meal

\$1.33

   @zachcoen

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Instructions

- 1. Start by cooking your rice using your preferred method. When done, set it aside.**
- 2. While your rice is cooking, add your chopped chicken to a large mixing bowl, along with 2 Tbsp of corn starch, 1/2 Tbsp garlic powder, 1 tsp onion powder, and a little salt and pepper. Mix to coat your chicken and set aside.**
- 3. Heat a large skillet over medium-high heat and add in 2 Tbsp of cooking oil. Wait for your oil to get hot before adding your chicken. Once the oil is hot, carefully add in your seasoned chicken. Let this cook, undisturbed for 4-5 minutes then flip and cook on the other side.**
- 4. Once your chicken is cooked through, add in your sliced jalapeños, mix and let this cook for 2-3 minutes, then mix in your sliced garlic cloves. Reduce the heat to low and let this continue to simmer while you make your sauce.**
- 5. In a bowl, add 1/2 cup soy sauce, 1/4 cup brown sugar, 1/4 tsp ground ginger, 1/4 tsp five spice powder, and 1 Tbsp corn starch. Mix well.**
- 6. Pour your sauce into the skillet with your chicken and mix to coat. Let this cook for 2-3 minutes on low heat until your sauce thickens.**
- 7. Give it a taste and add salt and pepper to preference.**
- 8. Portion your rice out into your meal containers, top with your chicken, and enjoy!**

Notes

- **If you don't like a lot of heat, simply remove all of the seeds from the jalapeños and it shouldn't be spicy.**
- **Alternatively, you can also replace the jalapeños with a different veggie of your choice.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**