

## Stir-Fried Chicken with Ketchup *(with side pairings)*

2 servings

- Chicken thighs or breast (boneless, skinless) – 300 g, cut into 2 cm chunks
- Flour – 20 g (≈2 ½ tbsp), for dusting
- Canola oil – 2 tsp (divided)
- Black pepper – a few grinds
- Garlic – 2 cloves, thinly sliced
- Crushed red pepper flakes – ⅛ tsp (or to taste)
- Ketchup – 100 g (about 6 ½ tbsp, preferably no-added-salt if available)
- Kevala coconut aminos – 2 tsp
- Rice vinegar – 1 tsp (optional, for brightness)
- Scallions – 1, thinly sliced (for garnish)



### 1. **Dust chicken**

Pat chicken dry with paper towels. Toss with flour until lightly coated.

### 2. **Brown chicken**

Heat 1 tsp canola oil in a large nonstick skillet over medium-high. Add chicken in a single layer, season with black pepper, and cook until golden and almost cooked through (about 6–8 min, depending on size). Remove to a plate.

### 3. **Make the sauce**

Reduce heat to medium. Add remaining 1 tsp oil, then garlic and red pepper flakes. Stir 1–2 min until fragrant but not burnt.

### 4. **Add ketchup glaze**

Stir in ketchup, coconut aminos, and (if using) rice vinegar. Simmer until bubbling and slightly thickened (2 min).

### 5. **Combine & finish**

Return chicken to pan and toss well to coat in sauce. Cook 1–2 min more until chicken is just cooked through and glossy. Garnish with scallions and serve.

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### **Nutrition (per serving, without rice)**

- Calories: ~310 kcal
- Protein: ~29 g
- Fat: ~9 g
  - Sat. Fat: ~2 g
- Carbs: ~26 g
  - Sugars: ~13 g
- Fiber: ~1 g
- Sodium: ~420 mg

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### A few flavor-boosting **options**:

- Add 1 tsp grated ginger with the garlic for a subtle warm note.
- Swap 1 tbsp of the ketchup with tomato paste + ½ tsp honey for a richer, less sweet glaze.
- For a Japanese twist: sprinkle with toasted sesame seeds at the end.

## Vegetable side pairings

### **Garlic Spinach with Sesame**

**Pairs well** because it's light, nutty, and cuts the richness of the sauce.

#### **Ingredients (2 servings)**

- Spinach – 200 g
- Garlic – 1 clove, thinly sliced
- Sesame oil – 1 tsp
- Kevala coconut aminos – 1 tsp
- Toasted sesame seeds – 1 tsp

#### **Directions**

1. Heat sesame oil in a skillet, add garlic and sauté until fragrant.
2. Toss in spinach and stir-fry 1–2 minutes until just wilted.
3. Season with coconut aminos, sprinkle with sesame seeds, serve.

**Nutrition (per serving):** ~70 kcal, 4 g protein, 4 g fat, 3 g carbs, 2 g fiber, 160 mg sodium

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### **Quick Japanese Cucumber Pickle (Kyuri Asazuke)**

**Pairs well** because it's crisp, refreshing, and balances the ketchup's sweetness.

#### **Ingredients (2 servings)**

- Japanese cucumber – 1 medium (~100 g), thinly sliced
- Rice vinegar – 1 tsp
- Kevala coconut aminos – ½ tsp
- Toasted sesame oil – ½ tsp
- Red pepper flakes – a pinch (optional)

#### **Directions**

1. Toss cucumber slices with vinegar, coconut aminos, and sesame oil.
2. Let sit for 10–15 minutes while you cook the chicken.
3. Serve cold or room temp as a crunchy side.

**Nutrition (per serving):** ~35 kcal, 1 g protein, 2 g fat, 3 g carbs, 1 g fiber, 120 mg sodium