



Thai Street-Style Chicken Skillet

This flavorful chicken and vegetable dish offers a nourishing way to enjoy bold, satisfying flavors while supporting overall wellness. Packed with colorful vegetables and lean protein, it provides important nutrients that help support energy levels and muscle health.

Yield: 4 servings

Skillet Ingredients:

- 2 tsp. olive oil or avocado oil
- 3 eggs, whisked
- 1 – 1 ¼ lb. boneless, skinless chicken breast, cubed into 1 inch pieces
- 1 (12 oz) bag broccoli slaw
- 1 ½ cup shredded red or green cabbage
- 1 ½ cup shredded carrots
- 1 red bell pepper, seeded and sliced
- 1 yellow onion (1 ½ cups, sliced)
- 6–8 green onions, thinly sliced (white/dark green parts separated)
- 4–5 garlic cloves, peeled and minced
- 2 tsp. fresh ginger (may substitute 1/2 tsp. ground ginger*)
- Black pepper to taste

Sauce Ingredients:

- ¼ cup almond or peanut butter (heat in microwave to loosen)
- 2 Tbsp reduced sodium soy sauce
- 3 Tbsp. lime juice
- ½ tsp. crushed red pepper flakes
- 2 Tbsp. rice vinegar
- 1 Tbsp. toasted sesame oil

Directions:

1. Heat 1 tsp oil in a 12 inch non stick skillet over medium heat. Add the whisked eggs and scramble. Remove from the skillet and set aside.
2. To the same skillet, add the additional 1 teaspoon oil as well as the cubed chicken. Sauté 5 minutes until starting to brown. Next, add the remaining skillet ingredients, except the dark green parts of the green onion (the skillet will be very full until it cooks down). Continue to cook for 8-12 minutes carefully stirring occasionally.
3. Meanwhile, combine the sauce ingredients and whisk until well combined and smooth.
4. Once the veggies are tender and the chicken is cooked through, add the eggs back to the skillet, the dark green parts of green onion, and the sauce. Stir to combine and allow to cook for another 1-2 minutes or until heated through. Serve and enjoy!

Recipe notes:

- Garnish with toasted chopped cashews or almonds, cilantro, sesame seeds or additional green onions.

Nutrition Info per serving:

Calories: 373 Saturated Fat: 2.8g, Cholesterol: 194 mg Sodium: 327mg, Added Sugars: 0g, Fiber: 6g, Protein: 36g

Source: <https://therealfooddietitians.com/healthy-chicken-pad-thai/>