

# Recipe for

## KETO CHICKEN TERIYAKI

FROM THE KITCHEN OF  
*Delicious Determination*

### DETAILS

SERVES: 6

PER SERVING

CALORIES: 325

PROTEIN: 39 GRAMS

FAT: 14 GRAMS

TOTAL CARBS: 10 GRAMS

CALCULATED FROM  
HAPPYFORKS.COM  
NUTRITIONAL FACTS MAY VARY  
DEPENDING ON INGREDIENTS  
USED

### INGREDIENTS

- 2 1/2 LBS CHICKEN THIGHS, BONELESS SKINLESS, CHOPPED BITESIZE
- 1 CLOVE GARLIC CRUSHED
- 1 1/2 TBL GINGER CRUSHED
- 1/3 CUP COCONUT LIQUID AMINOS
- 1 1/2 TBL BROWN SUGAR REPLACEMENT (LAKANTO GOLD)
- 1 1/2 TBL APPLE CIDER VINEGAR
- 1 1/2 TBL RICE WINE VINEGAR
- 1 BAG FRESH SNOW PEAS (8OZ BAG)
- 1 BAG FRESH BROCCOLI SLAW (16OZ BAG)

### DIRECTIONS

TO FREEZE: COMBINE ALL INGREDIENTS INCLUDING RAW CHOPPED CHICKEN INTO A PRE LABELED (DISH,DATE,COOKING INSTRUCTIONS) GALLON ZIPLOC BAG. PRESS OUT AS MUCH AIR AS POSSIBLE, ZIP BAG SHUT, LAY FLAT, PRESS OUT INGREDIENTS FLAT IN BAG, PLACE FLAT IN FREEZER. THAW, COOK WITHIN A MAXIMUM OF 6 MONTHS.

TO THAW/COOK: SET FROZEN INGREDIENTS IN A DISH INSIDE THE FRIDGE THE NIGHT PRIOR TO COOKING (LEAVE IN ZIPLOC BAG). ONCE THAWED, DUMP INGREDIENTS INTO WOK OR FRYING PAN, MEDIUM TO MED-HIGH HEAT + 1 TBL COOKING OIL. COOK UNTIL JUICES RUN CLEAR FROM THE CHICKEN AND THERE IS NO PINK MEAT. APPROXIMATELY 10-15 MINUTES COOK TIME.

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### DIRECTIONS

**FREEZE COOKED LEFTOVERS:** PLACE COOKED LEFTOVERS IN PRE LABELED ZIPLOC BAG. FOLLOW PREVIOUS FREEZING/THAWING DIRECTIONS. ONLY REQUIRES WARMING FOOD THOROUGHLY THROUGH. DOES NOT REQUIRE FULL COOK TIMES.

**COOK NOW:** PLACE ALL INGREDIENTS INTO WOK OR FRYING PAN, MEDIUM TO MED-HIGH HEAT + 1 TBL COOKING OIL. COOK UNTIL JUICES RUN CLEAR FROM THE CHICKEN AND THERE IS NO PINK MEAT. APPROXIMATELY 10-15 MINUTES COOK TIME.

**OVEN BAKE:** PREHEAT OVEN TO 350 DEGREES. PLACE ALL INGREDIENTS (RAW OR THAWED) INTO GREASED BAKING DISH. BAKE FOR 25-35 MINUTES. CHECK THAT THERE IS NO PINK MEAT BEFORE EATING.

**CROCK POT:** PLACE ALL INGREDIENTS (RAW OR FULLY THAWED) INTO CROCKPOT. COOK ON HIGH FOR 2-4 HOURS, OR LOW FOR 4-6 HOURS. COOK TIME WILL DEPEND ON SIZE OF CHICKEN PIECES. COOKING FROM FROZEN WILL TAKE ADDITIONAL TIME. CHECK THAT THERE IS NO PINK MEAT BEFORE EATING.

### TIPS

- WHEN COOKING FRESH, I LIKE SOME CRUNCH SO, I SET ASIDE 1/3 RAW VEGETABLES, THEN ADD RAW VEGETABLES TO THE COOKED DISH, SERVE
- DRIZZLE 1 TSP OF SESAME SEED OIL ON SINGLE SERVING TO ADD FLAVOR AND FAT
- SUBSTITUTE CHICKEN FOR A FATTY CUT OF BEEF OR FATTY CUT OF PORK
- SUBSTITUTE VEGETABLES FOR OTHER LOW CARB VEGETABLES