

Easy and Yummy Master Sauce Baked Chicken



Servings: 2-3

Suggested Tools: 9x13 inch glass baking dish, grater, tablespoon, measuring cup, one large mixing bowl, saran wrap, foil, knife, whisk

Prep+Cook Time: 65 minutes

The Ingredients

- 2 lbs. chicken breast, cut into strips (or purchase pre-cut tenderloins)
- 1 cup coconut aminos
- 1 inch knob of fresh, peeled and grated ginger
- 1/4 cup apple cider vinegar
- 3 tablespoons coconut sugar
- 1 star anise (or at least 5 star "points")
- 12 ounce bag cauliflower rice (frozen or fresh)**
- 1 tablespoon olive oil (for greasing the baking dish)

Optional Toppings: black and white sesame seeds and chopped green onions

How to:

1. Make sauce: In a large mixing bowl combine the peeled and grated ginger, coconut aminos, apple cider vinegar, coconut sugar and star anise points. Whisk well.
2. Add the chicken to the sauce, cover, and marinate for 30 minutes (or overnight if you have the time) in the refrigerator.
3. Heat your oven to 350 degrees (F)
4. Grease the baking dish with the olive oil (I put it in the pan and then used a paper towel to spread it out in order to keep my hands clean).
5. Pour the chicken and the sauce into the prepared baking dish. Cover with foil.
6. Bake for 30 minutes, removing from the oven at the 15 minute mark to flip the chicken.
7. While the chicken bakes, cook the cauliflower rice according to package directions**. (I cooked mine in a separate skillet on the stove top for a few minutes, but you could microwave it in the bag IF you purchased a frozen variety).
8. To serve: Add some cauliflower rice and baked chicken to a plate. Drizzle leftover "sauce" on onto the plated dish. Top with the optional sesame seeds and green onion.
9. Eat and enjoy!

Tips and Tricks:

- I found my ingredients at Whole Foods but the ingredients could be found at most grocery stores and online
- **If you can't find cauliflower rice, you can use white rice, but it won't be Paleo/grain free. You can also make your own cauliflower rice by rinsing a head of cauliflower, chop it into bite sized pieces, and adding it to a food processor. Pulse the food processor until the cauliflower looks like rice. Then add it to an oiled skillet and cook on medium-high heat until soft.



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