

RECIPE OF THE WEEK: PALEO EDITION

Paleo Pancit

Ingredients:

1.5 lbs chicken breasts, cut into small bite size pieces
1 lb pork loin, cut into small bite size pieces
½ lb shrimp, tails removed and de-veined
2 tbsp coconut oil
8 green onions, diced
2 tsp crushed garlic
4 carrots, grated
6-8 cups shredded green cabbage
¼ cup coconut aminos or Tamari wheat free soy sauce (Thai Kitchen brand is a good one)
¼ cup chicken broth
2 tbsp fish sauce
black pepper to taste
lemon wedges

Instructions:

In a large wok or skillet, heat the coconut oil over medium to medium-high heat. When the wok or pan is nice and hot, add the chicken, pork, green onions and garlic and sauté for about 6-7 minutes or until the meat is done all the way through, but still tender. Remove the meat from the pan and set aside.

Add the cabbage and carrots to the wok or pan and cook until the cabbage is tender, about 4 minutes. Add the shrimp to the cabbage and sauté together until the shrimps turn pink. Add the chicken and pork back to the veggies and pour in the coconut aminos or soy sauce, chicken broth, and fish sauce. Season with lots of black pepper. Stir well and cook for another minute or two. Serve in bowls with a lemon wedge.

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