

# DRUNKEN ZOODLES

## Ingredients

- 1 pound of chicken breast cut into 1/4" thick slices
- 2 cups chopped broccoli
- 1 red bell pepper, cut into strips
- 1 tbsp minced garlic
- 1 tbsp coconut oil
- 1 tsp chili oil (This isn't 100% necessary)
- 1 tbsp tapioca starch (corn starch works too)
- 2 medium zucchini cut into 1/2" wide strips
- 1 cup rough chopped thai basil, if you can't find thai basil regular will work

## The Sauce

- 1/4 cup Fish Sauce
- 1/4 cup Coconut Aminos
- 2 tbsp honey
- 2 tsp sriracha sauce, can add more or less depending on your spice tolerance

## Directions

1. In a hot wok or large fry pan add the coconut and chili oil until it is moving around the pan freely. Add the chicken, broccoli, and bell pepper. Cook for 4-5 minutes over medium high heat. Add garlic and cook for another minute.
2. Add the tapioca or corn starch and toss to coat the chicken and veggies evenly.
3. Add the sauce to the wok and cook for 3-4 minutes until it heats up and begins to thicken.
4. Add the zoodles to the wok and toss. Cook for 1-2 minutes until they are heated through. If you let them cook too long they will begin to give up their water and you will have a soupy, watery mess of a sauce.
5. Add your basil, toss and serve!

*For the full write up on this dish check out our blog post at <http://www.thecookandthecoach.com/blog/drunken-zoodles>*