

A Gut Feeling Keto Skillet Pad Thai

Total Time: 40 Minutes Servings: 6

INGREDIENTS

- 1 box Nu Pasta
- ½ cup fresh lime juice
- 1/3 cup reduced sodium soy sauce or tamari
- ¼ cup monk fruit sweetener/stevia
- 2 tbsp fish sauce
- 1 tbsp coconut oil
- 12 oz boneless, skinless chicken breast, cut into bite size pieces
- 1 clove garlic, minced
- 1 red bell pepper, thinly sliced and cut into 1-inch long strips
- 2 large eggs slightly beaten
- ¼ cup thinly sliced green onions
- ¼ coarsely chopped fresh cilantro
- 2 tbsp chopped raw unsalted peanuts

INSTRUCTIONS

In a small bowl, stir together lime juice, soy sauce, monk fruit/stevia, and fish sauce. Set aside.

In a large deep skillet, heat 2 tsp oil on medium. Add chicken and cook, stirring often, until browned, 4 to 7 minutes. Add garlic and cook, stirring often, until fragrant, about 30 seconds. Add bell pepper and cook, stirring often, until softened and chicken is no longer pink inside, 2 to 3 minutes. Scrape mixture into bowl.

Add remaining 1 tsp oil to skillet and heat on medium-low. Add eggs and cook, stirring occasionally with spatula to scramble; cook 3 to 4 minutes. Add to bowl with chicken mixture. Add soy sauce mixture to skillet and bring to simmer.

Add Nu Pasta and toss to coat. Cook, using tongs to flip noodles and ensure even heating, until well coated with sauce and completely softened, 3 to 4 minutes. Add green onions; return chicken mixture to skillet and toss to combine. Divide among plates; garnish with cilantro and peanuts.