



Asian Chicken, Almond Butter and Pumpkin Sauce

Recipe Gluten-free, dairy-free (casein-free) and hypotoxici

By: Cuisine l'Angélique

PORTIONS: 6

PREPARATION: **30 MINUTES**

CONVENTIONAL OVEN: **1 H 45**

SLOW COOKER: **3 to 4 HRS**

INGREDIENTS

Chicken:

- 908 g (2 lb) boneless chicken breasts, cut into 1.5-inch (3 cm) cubes
- 30 ml (2 tbsp) olive oil
- 1 yellow onion, finely chopped
- 4 garlic cloves, pressed or minced
- 22.5 ml (1 1/2 tbsp) fresh ginger, grated
- 80 g (1/3 cup) almond butter (creamy or crunchy)
- 80 g (1/3 cup) creamy pumpkin seed butter
- 250g (1 cup) canned coconut milk
- 125 g (1/2 cup) chicken broth / 65 g (1/4 cup) for slow cooker
- 30 ml (2tbsp) Bragg sauce
- 15 ml (1 tbsp) toasted sesame oil
- 15 ml (1 tbsp) maple syrup
- 2 pinches crushed chili

On the side:

- Rice vermicelli
- 70 g (1/2 cup) pumpkin seeds
- Green onions, chopped
- Fresh coriander, chopped

Vegetable stir-fry:

- 30 ml (2 tbsp) olive oil
- 4 carrots, peeled and thinly sliced into bevels
- 2 to 3 garlic cloves, pressed or minced
- 1 yellow pepper and 1 red pepper, cut into strips
- About 150g snow peas
- 2 pinches cayenne pepper
- Salt, to taste



This chicken in sauce is as easily made in the slow cooker as in a conventional oven. Just add the vermicelli and a vegetable stir-fry, ready in minutes!

TIP

* If you are following the hypotoxici diet, it is important to use raw almond butter to be in accordance with the diet.

PREPARATION

Chicken:

1. Place chicken cubes in the slow cooker or in a baking dish.
2. In a large skillet, heat oil. Sauté onion and garlic over medium-low heat for 5 minutes, stirring frequently.
3. Add ginger and fry for an additional 2 minutes, stirring continuously.
4. Add almond and pumpkin butter, coconut milk, chicken broth, Bragg sauce, sesame oil, maple syrup and crushed chili.
5. Mix well with a whisk and heat, without boiling. When the sauce is hot, pour it over the chicken and mix.
6. **Slow cooker:** Cover and cook at low temperature for 3 to 4 hours or until chicken is cooked. Stir 2 to 3 times during cooking. Cooking time may vary slightly from one slow cooker to another.
Oven: Cover and bake on the centre rack of the preheated oven at 300°F (150°C) for about 1 hour and 45 minutes or until the chicken is cooked.

On the side:

1. Cook the rice vermicelli according to the package's instructions.
2. Dry toast pumpkin seeds. Set aside.

Vegetable stir-fry:

1. In a large skillet, heat oil. Covered, cook carrots over medium-low heat for 5 minutes.
2. Add garlic, peppers and snow peas. Continue cooking covered for about 5 minutes. Remove the lid, add the cayenne pepper, salt to taste and fry uncovered for a few more minutes, stirring frequently, until the vegetables are cooked but still crisp.

For the service:

1. Divide the rice vermicelli on each plate (or bowl).
2. Add the vegetable stir-fry and then the chicken.
3. Garnish with pumpkin seeds, coriander and green onion to taste.