

Choco Fever Dream

Low Carb Firecracker Ground Chicken

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Asian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground chicken
- [ ] 1 red bell pepper, sliced
- [ ] 1 green bell pepper, sliced
- [ ] 2 tbsp avocado oil
- [ ] 3 cloves garlic, minced
- [ ] 1 tbsp fresh ginger, grated

For the Firecracker Sauce

- [ ] 2 tbsp chili garlic sauce
- [ ] 1 tbsp soy sauce (or tamari for gluten-free)
- [ ] 1 tsp sugar-free sweetener
- [ ] 1 tsp rice vinegar
- [ ] 1 tsp sesame oil
- [ ] Juice of ½ lime

Instructions

1. Pat the ground chicken dry with paper towels; season lightly with salt and pepper.
2. Heat avocado oil in a large skillet over medium-high heat. Add garlic and ginger, sauté for 30 seconds until fragrant.
3. Add the ground chicken, breaking it apart, and cook until browned, about 5-6 minutes.
4. Stir in the sliced bell peppers and cook for another 3 minutes until just tender.
5. Mix in the firecracker sauce ingredients, allowing the sauce to coat everything and simmer for 2-3 minutes.
6. Finish with lime juice, give a quick toss, and serve hot.

Nutrition per serving

280 kcal	30 g	7 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer less heat, reduce the chili garlic sauce by half.
- A quick splash of extra lime adds brightness right before plating.
- For extra crunch, sprinkle toasted sesame seeds on top.