



Long Livo

Low Carb Firecracker Ground Chicken

15 min

Prep time

4

Servings

20 min

Cook time

Easy

Difficulty

35 min

Total time

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

Calories

30 g

Protein

7 g

Carbs

14 g

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.