

# **Sweet Asian Chili Chicken Thighs w/ Fried Cauliflower Rice**

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Take out the bad stuff from take-out with this Asian Inspired Chicken Thigh dish! The sweet Honey and spicy Chili marinade compliment each other so well and create that signature Asian “sweet heat” flavor we all know and love. Simply throw your Chicken Thighs in the broiler for just a few minutes after cooking to get that glazed dark red crisp on top! Pair them with a side of my veggie packed Fried Cauliflower Rice to make it a full meal that everyone will love!

I love to use this dish for meal preps during the week as it holds up extremely well, taste incredible, and is so easy to make! This will be my last Paleo Post for an entire month, and if you're planning on doing the #SeptemberWhole30, tomorrow's your last day to enjoy this dish, so head to the grocery store ASAP and get your marinade on! This meal is also Gluten, Dairy, Soy, & Refined Sugar Free.

## **INGREDIENTS:**

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### ***Chicken Thighs***

- 4 Lbs Boneless Skinless Chicken Thighs
- 3/4 Cup Honey
- 1/2 to 3/4 Cup Chili Garlic Sauce depending on desired spice level (I used Huy Fong brand)
- 1/4 Cup The New Primal Coconut Aminos
- 1 Tbsp + 1 tsp Sesame Oil
- 1 Tbsp + 1 tsp Fresh Ginger, minced
- 1 Tbsp + 1 tsp Garlic, minced

### ***Fried Cauliflower Rice***

- (2) 12 oz bags Frozen Cauliflower Rice
- (1) 16oz bag Frozen Peas
- (1) 10oz bag of Frozen Diced Carrots
- 1 Small Onion, diced
- 2 Green Onions, sliced
- 1 Tbsp Coconut Oil
- 1/3 cup The New Primal Coconut Aminos
- 1/4 cup sesame oil

- 1/4 cup maple syrup
- 2 Tbsp coconut flour
- 3 eggs, beaten

## INSTRUCTIONS:

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### *Chicken Thighs*

1. Combine all ingredients except Chicken Thighs in a medium mixing bowl and whisk to combine.
2. Transfer Chicken Thighs to 2 large ziploc bags and split sauce evenly between each bag. Let marinate for 8-24 hours.
3. Preheat oven to 425°F. Divide your chicken thighs amongst 2 large baking dishes, covering in the remaining sauce from bags. Transfer to the oven for 30 minutes, flipping every 10 minutes. While your chicken is cooking, prepare your Fried Cauliflower Rice(see below)
4. Remove chicken from the oven and transfer to your broiler on the “Low” setting. Cook for another 10-15 minutes, checking after every 5. This step will allow you to get that gorgeous dark red color on the tops of your chicken!
5. Remove from broiler, serve with Fried Cauliflower Rice, and Enjoy!

### *Fried Cauliflower Rice*

1. Prepare all of your frozen veggies first according to directions on package. Set aside.
2. In a small mixing bowl, add your Coconut Aminos, Sesame Oil, Maple Syrup, & Coconut Flour. Whisk to combine and set aside for now.
3. In a large skillet over medium heat, add 1 Tbsp Coconut Oil and heat for 30 seconds. Next, add in your Onion, Cauliflower, Carrots, & Peas. Stir to combine.
4. Move your Cauliflower Rice mixture to the sides of the skillet, creating an open area for you to cook your eggs. Add eggs and stir them until completely cooked. Pour the sauce over top of everything and stir well to make sure everything is evenly incorporated.
5. Remove from heat and transfer to a large bowl to serve! Top with sliced Green Onion and Enjoy!

**MAKES 8 SERVINGS**

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