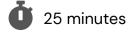






Basil Chicken Stir-Fry

Tender diced chicken breast tossed with stir-fried Asian greens, sweet Thai basil, crunchy cashews, glossy sweet chilli and lemongrass sauce, all served on a bed of sticky rice.





2 servings



Spice it up!

You can use oyster sauce or fish sauce instead of soy sauce if preferred! Add some kaffir lime leaves to the stir-fry if you have some. Garnish with sliced red chilli for extra heat.

PROTEIN TOTAL FAT CARBOHYDRATES 85g

60g

FROM YOUR BOX

SUSHI RICE	150g
LEMONGRASS STALK	1
SHALLOT	1
CARROT	1
ASIAN GREENS BULBS	2
THAI BASIL	1 packet
DICED CHICKEN BREAST	300g
CASHEWS	1 packet (40g)

FROM YOUR PANTRY

oil for cooking, soy sauce, sweet chilli sauce, cornflour

KEY UTENSILS

large frypan, saucepan with lid

NOTES

You can use 1.5 tbsp fish sauce instead of soy sauce.

We used coconut oil for this dish.



1. COOK THE RICE

Rinse sushi rice. Place in a saucepan with 1.5 x water. Cover and bring to a boil. Reduce heat immediately to low. Cook, semi-covered, for 20 minutes until rice is tender and water is absorbed.



2. PREPARE THE SAUCE

Chop lemongrass stem (see product spotlight). Combine with 1 tbsp sweet chilli sauce, 2 tbsp soy sauce, 1/2 tbsp cornflour and 1/4 cup water (see notes).



3. PREPARE THE STIR-FRY

Slice shallot and carrot. Trim and slice Asian greens. Pick basil leaves. Keep separate.



4. COOK THE STIR-FRY

Heat a frypan over medium-high heat with **oil** (see notes). Add chicken, shallot and carrot to pan. Cook for 5 minutes.



5. FINISH THE STIR-FRY

Add Asian greens and sauce. Cook for 2-4 minutes until sauce has thickened. Stir through cashews.



6. FINISH AND SERVE

Serve chicken and vegetables with rice. Garnish with basil leaves.



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