



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Basil Chicken Stir-fry with Rice

A Thai style stir-fry with chicken mince, spring onions, tomato and sweet basil.



25 minutes



4/6 servings



Chicken

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
CHICKEN MINCE	600g	600g + 300g
TOMATOES	2	3
SPRING ONIONS	1 bunch	1 bunch
RED CHILLI	1	1
BASIL	20g	60g

FROM YOUR PANTRY

oil for cooking, salt, pepper, fish sauce, sugar (of choice)

NOTES

Reserve spring onion tops for garnish.

If you want to add more vegetables you can add some asian greens, sliced mushrooms, capsicum or bean shoots.

Turn this dish into fried rice by tossing everything together with red curry or tom yum paste.

Swap rice for pasta – mix chicken mince and other ingredients through spaghetti or penne, adding cream sauce or pesto if you like. Save the rice for another dish.

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1. COOK THE RICE

Place **rice** in a saucepan, cover with **600ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

6P – use 900ml water for the rice.

TIP *You can use 400ml coconut milk and 200ml water to make coconut rice. Add a pinch of salt to bring out the flavour.*

2. COOK THE CHICKEN

Heat a frypan over high heat with **oil**. Add **chicken** and cook for 5 minutes until sealed. Wedge **tomatoes** and slice **spring onions** (see notes). Add to pan along with **1–2 tbsp fish sauce** and **1 tbsp sugar**. Cook for 6–8 minutes until well combined. Season with **pepper** to taste.

6P – use 2–3 tbsp fish sauce and 1 1/2 tbsp sugar.

TIP *We used coconut oil for extra fragrance and added 2 crushed garlic cloves. You could use soy sauce, oyster sauce (leave out the sugar) if preferred. Add fresh lemongrass or kaffir lime leaves if you have some!*

3. ADD THE AROMATICS

Slice **chilli** and roughly tear **basil leaves**. Toss through **chicken**

TIP *Leave the chilli out if you don't like the spice, serve on the side for those who do. Remove the seeds for less heat.*

4. FINISH AND SERVE

Serve **chicken stir-fry** with **rice**. Garnish with **spring onion tops**.

TIP *You can garnish this dish with chopped peanuts or cashews.*

This recipe has simplified instructions to help lower your meal cost.