



Product Spotlight: Thai Basil

Thai basil has a purple stem and an aroma of liquorice, cinnamon and mint. It still holds its flavour after cooking whereas sweet basil is best enjoyed fresh!



2 Thai Basil Chicken

This savoury and sweet stir fry (best known as Thai Pad Krapow) is so full of flavour and super quick to prepare! Caramelised chicken mince with sweet Thai basil, fresh veggies and fragrant red rice, finished with a squeeze of lime.

 30 minutes

 4 servings

 Chicken

7 September 2020

Spice it up!

If you have any lemongrass or kaffir lime leaves you can add this to the stir fry for extra fragrance! For an extra treat, top the dish with a crispy fried egg.

Per serve: **PROTEIN** 33g **TOTAL FAT** 17g **CARBOHYDRATES** 73g

FROM YOUR BOX

RED RICE	300g
RED ONION	1/2 *
RED CAPSICUM	1
TOMATOES	2
GREEN BEANS	1/2 bag (125g) *
THAI BASIL	1 packet
RED CHILLI	1
LIME	1
CHICKEN MINCE	600g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, oyster sauce (or fish sauce, soy sauce/tamari) salt and pepper, garlic (2 cloves)

KEY UTENSILS

large frypan, saucepan

NOTES

Use coconut oil or sesame oil to cook the chicken for more fragrance!

If you're using fish sauce or soy sauce, season the stir fry with some sugar for a more authentic flavour.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



2. PREPARE VEGETABLES

Slice onion, capsicum and wedge tomatoes. Trim and halve beans. Pick basil leaves. Slice chilli. Keep separate.



3. MAKE THE SAUCE

Combine **2 crushed garlic cloves**, **3 tbsp oyster sauce**, lime zest and 1/2 the juice (wedge remaining) in a bowl.



4. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil** (see notes). Add the chicken, tomatoes and 2 tbsp sauce. Cook for 5 minutes.



5. ADD VEGETABLES

Add onion, capsicum and remaining sauce. Cook for 5 minutes. Stir through beans and basil leaves for 3 minutes until softened. Take off heat and season with **salt and pepper**.



6. FINISH AND PLATE

Divide rice and basil chicken among bowls. Garnish with sliced chilli and lime wedges.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

