



Basil Chicken Stir-fry

with Rice

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



25 minutes



4 servings

Chicken

FROM YOUR BOX

BASMATI RICE	300g
CHICKEN MINCE	600g
SPRING ONIONS	1 bunch
TOMATOES	2
RED CHILLI	1
BASIL	1 packet

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.

You could transform this dish into a fried rice by tossing everything together. Use a red curry paste or tom yum paste for flavour!

Save the rice for another dish and make chicken pasta instead! Toss the cooked chicken mince and remaining ingredients through spaghetti or penne. Add a cream sauce or pesto if you have some.

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.

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.

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.