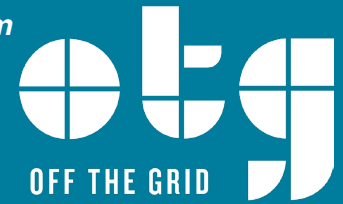


THAI BASIL CHICKEN

From



INGREDIENTS

Cooking oil	2 Tablespoon plus 1 Tablespoon <i>(canola, rice bran or grapeseed)</i>
Red bell pepper	1 cup chopped, ½ inch cubes
Green beans	1 cup chopped, ¾ inch pieces
Salt	pinch/to taste
Garlic	1 clove, chopped
Thai chilis*	3-4 each (1 Tablespoon) <i>*jalapeños will work here, too</i>
Chicken, ground	8 ounces
Thai (Holy) Basil	1 large handful, leaves only

For the sauce:

Oyster sauce	1 Tablespoon
Light soy sauce*	2 teaspoons
Dark soy sauce**	1 teaspoon
Soy sauce, regular**	2 teaspoons <i>**if you only have regular soy sauce, you can replace the light & dark soy sauce with regular (5 teaspoons total)</i>
Fish sauce	¾ teaspoon
Palm sugar***	2 teaspoons <i>***if you don't have palm sugar, substitute with brown sugar</i>

PREPARATION

Heat a large pan over high heat. Once hot, add 2 tablespoons of cooking oil, then bell peppers and green beans. Turn the heat down to medium high and coat the vegetables in oil. Add a pinch of salt and cook until blistered and tender, about 5 - 7 minutes.

While the veggies are cooking, combine all of the ingredients for the sauce in a small bowl and stir together.

Note: if you don't have light and dark soy sauce, just replace with regular soy sauce.

Turn up the heat to high, and add the chopped garlic and chilis. Stir well to prevent them from browning. Cook until lightly browned, about 30 seconds to a minute.

Add the ground chicken to the pan and break it up with the back of your spoon. You may need to add some additional oil to help cook the chicken—about 1 Tablespoon. Continue to cook the chicken over high heat, until it's cooked through, making sure to break it up as it browns (about 3 - 4 minutes).

Pour your sauce into the pan and stir until the sauce glazes the chicken and vegetables. Turn off the heat and fold in the Thai basil until just wilted. Remove the pan from the heat to prevent the basil from overcooking.

To serve: spoon the chicken over a big scoop of rice* and enjoy!

**see our guide on how to make the perfect pot of rice at home*