

Idiot's Kitchen Recipe – Chicken Stir Fry with Green Beans & Basil

Recipe from www.idiotskitchen.com – Adapted from Hot Thai Kitchen & Nikolay Blagov



Ingredients:

2 chicken breast halves, boneless & skinless
2 Tablespoons vegetable or olive oil
2 Tablespoons chili garlic sauce
½ red bell pepper, finely chopped (about ½ cup)
½ onion, finely chopped (about ½ cup)
8 ounces thin green beans or Haricots Verts cut into 1-inch pieces
1 Tablespoon oyster sauce (Gluten Free is available)
1 Tablespoon soy sauce/tamari (GF)
2 teaspoons fish sauce
2 Tablespoons water
2 teaspoons brown sugar
2 cups Thai basil leaves – keep six leave out to chop for a garnish
Rice for serving

Be sure to cook the rice before you begin prepping and cooking the Chicken Stir Fry.

On a large cutting board, cut 2 chicken breasts into small cubes. Pile the chicken in the middle of the board and use a large, sharp knife to cut across the chicken making small strips. Turn the board a quarter turn and cut the other direction. Continue to cut and turn the board, scraping the chicken back into a pile in the middle, until you have a very coarse ground chicken. You can also use 2 knives at the same time to chop more vigorously.

Finely chop ½ red bell pepper and ½ onion. Set aside.

For the sauce, in a small bowl combine 1 Tablespoon oyster sauce, 1 Tablespoon soy sauce/tamari, 2 teaspoons fish sauce, 2 Tablespoons water, and 2 teaspoons brown sugar. Stir to combine and dissolve the sugar. (All sauces are available GF.)

Heat 2 Tablespoons vegetable or olive oil in a large wok or non-stick skillet over medium high heat. Add 2 Tablespoons of chili garlic sauce and heat until the sauce is sizzling. Add the chopped chicken to the pan and use a spatula or wooden spoon to incorporate the sauce into the chicken and to break up any large lumps. Cook the chicken until no longer pink, about 5 minutes.

Add the peppers and onions to the pan and cook 1-2 minutes. Add the sauce and the green beans. Stir to combine and cook 2-3 minutes until the beans are tender but still very crisp. Remove the pan from the heat and add 2 cups of whole Thai basil leaves. Stir the basil into the chicken mixture until it wilts.

Serve with rice and garnish with the reserved chopped fresh basil leaves.

Makes 4 servings and is excellent leftover.

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