

Thai Basil Chicken



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Recipe by: Laura Vitale

Serves 2-4

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

__ 1lb of Boneless, Skinless Chicken Breast, very thinly sliced (or boneless skinless thighs, they are even better)

__ 2 Tbsp of Neutral Oil (I use avocado oil)

__ 4 Cloves of Garlic, thinly sliced

__ 2 Chilies, I use Fresno chilies, thinly sliced

__ 4 Scallions, whites cut into 2â pieces and sliced lengths

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For the sauce:

__ 6 Tbsp of Water

__ 2 Tbsp of Oyster Sauce

__ 2 Tbsp of Soy Sauce

__ 1-1/2 Tbsp of Granulated Sugar

__ 3 tsp of Fish Sauce

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To Finish:

__ Handful of Thai Basil

__ Greens of the Scallions, thinly sliced

1) In a small bowl, whisk together all the ingredients for the sauce and set aside.

2) In a very large skillet (preferably a wok) add the oil, preheat it over high heat for a few minutes to get it as hot as possible, then add the chicken, scatter it into a single layer, cook untouched for 2 minutes or until it's about half way cooked, then stir, cook for 1 more minute (you don't want any of the chicken to simmer, if your pan isn't big enough, sear the chicken in 2 batches) then garlic, chili and scallions and cook one more minute.



3) Add the sauce, cook until it thickens, add the basil, remove from the heat, stir until the basil wilts then serve right away over rice.