

Chicken and Basil Stir-Fry

with Snap Peas and Carrots

We're bringing a taste of Thailand into your home tonight with a delicious chicken stir-fry. Thai basil is the heartier cousin to the delicate Italian basil, and stands up to strong flavours like fish sauce and chili-garlic sauce!







Chicken Thighs



Jasmine Rice



Carrots



Snap Peas



Green Onion



Thai Basil



Fish Sauce



Lime

Brown Sugar



Chili-Garlic Sauce



Cornstarch

Ingredients		2 People	4 People	*Not Included	
Chicken Thighs, cubed		1 pkg (340 g)	2 pkg (680 g)		
Jasmine Rice		1 pkg (113 g)	2 pkg (227 g)	Allergens	
Carrot, rounds		1 pkg (170 g)	2 pkg (340 g)	 Fish/Poisson Sulphites/Sulfites 	
Snap Peas, trimmed		1 pkg (227 g)	2 pkg (454 g)		
Green Onion		2	4		
Thai Basil		1 pkg (14 g)	1 pkg (14 g)		
Fish Sauce	1)	1 pkg (2 tbsp)	2 pkg (4 tbsp)		
Lime		1	2	Tools	
Brown Sugar		1 pkg (2 tbsp)	2 pkg (4 tbsp)	Measuring Cups, Medi Medium Bowl, Large-N Pan, Measuring Spoor	
Chili-Garlic Sauce 🥒	2)	1 pkg (1 tbsp)	2 pkg (2 tbsp)		
Cornstarch		1 pkg (2 tsp)	2 pkg (4 tsp)		
Olive or Canola Oil*					

suring Cups, Medium Pot, um Bowl, Large-Non-Stick **Measuring Spoons**

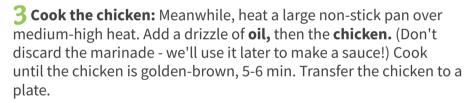
Nutrition per person Calories: 592 cal | Fat: 12 g | Protein: 42 g | Carbs: 78 g | Fibre: 6 g | Sodium: 1753 mg Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Prep and marinate the chicken: Wash and dry all produce. Bring 1 cup salted water (double for 4 people) in a medium pot to a boil. In a medium bowl, stir the fish sauce, brown sugar, chiligarlic sauce and cornstarch. Add the chicken and stir to coat. Thinly slice the **green onions.** Zest, then cut the **lime** into wedges.



2 Cook the rice: Add the rice to the boiling water. Reduce the heat to medium-low. Cover with a lid and cook until the rice is tender and the water has been absorbed, 12-14 min.





- 4 Add another drizzle of oil to the pan. Add the green onions and carrots. Cook until lightly golden, 2-3 min. Add the snap peas, reserved marinade and 1 tbsp water (double for 4 people). Bring to a boil and cook until the veggies are tender-crisp, 3-4 min.
- 5 Finish and serve: Stir the chicken into the veggies. Divide the rice between plates and top with the stir-fry. Coarsely tear over the basil leaves. Sprinkle with lime zest and squeeze juice from lime wedge over top, if desired. Enjoy!

INGREDIENT TIP: Chili-garlic sauce is a slightly spicy condiment that's essential in Thai cooking. If you're not fond of spicy foods, do not use it in your marinade and stir a bit into the finished dish to your desired taste!