



M A R
2017

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!

Prep
30 min

Spicy



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
Chicken Thighs, cubed	1 pkg (340 g)	2 pkg (680 g)
Jasmine Rice	1 pkg (113 g)	2 pkg (227 g)
Carrot, rounds	1 pkg (170 g)	2 pkg (340 g)
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
Brown Sugar	1 pkg (2 tbsp)	2 pkg (4 tbsp)
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*		

*Not Included

Allergens

- 1) Fish/Poisson
- 2) Sulphites/Sulfites

Tools

Measuring Cups, Medium Pot, Medium Bowl, Large-Non-Stick Pan, Measuring Spoons

Ruler

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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.

3



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, chili-garlic sauce** and **cornstarch**. Add the **chicken** and stir to coat. Thinly slice the **green onions**. Zest, then cut the **lime** into wedges.

4



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.

5






3 Cook the chicken: Meanwhile, heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **chicken**. (Don't discard the marinade - we'll use it later to make a sauce!) Cook until the chicken is golden-brown, 5-6 min. Transfer the chicken to a plate.

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!

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