



# Thai Basil Chicken Stir-Fry

Recipe by Chelsea Goodwin, author of \$10 Meals with Chelsea



Serves 4



25 minutes

## INGREDIENTS

### Sauce

- 1 tablespoon cornflour
- ¼ cup (60ml) chicken stock
- 1 tablespoon light soy sauce
- 1 tablespoon oyster sauce
- 1 teaspoon fish sauce
- 2 teaspoons brown sugar

### Stir-fry

- 1 red capsicum, diced
- 150g green beans, trimmed and sliced into 3 cm pieces
- 1 small brown onion, finely diced
- 5 cloves garlic, crushed
- 1 birds-eye chilli, finely chopped
- 2 tablespoons vegetable oil
- 500g chicken mince
- 1 cup basil leaves, loosely packed

### To serve

- steamed jasmine rice
- 4 fried eggs
- basil leaves and sliced fresh chilli

## DIRECTIONS

### Prep

1. To make the sauce, place the cornflour into a bowl or jug and gradually add the chicken stock, stirring until smooth. Stir in the remaining ingredients and set aside.
2. For the stir-fry, dice the capsicum and onion then slice the green beans. Crush the garlic and finely chop the chilli.
3. Put the rice on about 20 minutes before cooking the stir-fry.

### Cook

1. Heat a wok or large frying pan over high heat then add 1 tablespoon oil. When the oil is hot, stir-fry the garlic, chilli and onion for 30 seconds. Add the capsicum and green beans, stir-fry for 1 minute, then transfer to a plate.
2. Bring the wok back up to high heat then add the remaining oil. Add the chicken mince, spread it out into a thin layer and let it sear for a couple of minutes. Break it up into small pieces and stir-fry for a few minutes, until browned through.
3. While this is cooking, fry the eggs in another pan. Once cooked, set aside.
3. Return the vegetables to the wok. Give the sauce a quick stir to combine and pour over the vegetables. Stir-fry for another couple of minutes to combine everything and thicken the sauce. Toss the basil through. Taste and adjust spice and sugar levels, then turn off the heat.
4. To serve, divide rice among bowls and top with stir-fry and a fried egg. Sprinkle with the extra basil and chilli.



## Afternoons

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