

Stir-Fried Chicken with Basil

This easy stir-fried chicken with basil is a flavour-packed one-pan meal.

Made with chicken mince and loaded with veggies, it's quick to cook, full of goodness, and perfect for leftovers.



Ingredients

- 2-4 garlic cloves
- 2 large red chillies (deseeded for a milder taste)
- ½ tsp sea salt
- 2 Tbsp olive oil
- 1kg chicken mince
- 400g green beans, cut into 5cm lengths
- 1 large red capsicum cut into strips
- 300g snow peas, halved
- 2 Tbsp fish sauce
- 2-3 Tbsp tamari or coco aminos (or dark soy sauce)
- Large handful fresh basil, roughly chopped
- Large pinch ground white pepper

Method

- Pound garlic, one chilli and salt using a mortar and pestle to form a paste (or just chop chilli and garlic sprinkled with salt)
- Slice remaining chilli.
- Heat oil in a wok on med-high heat.
- Add chilli paste, sliced chilli and cook for 30 seconds until it starts to colour.
- Add mince and break it up until fine. Cook until it starts to brown.
- Add veggies and cook for a further 2-3 minutes.
- Add sauces and stir fry for another 30 seconds.
- Remove from heat and stir in basil and white pepper.
- Serve with cooked brown rice