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Chicken & Basil Stir-Fry with Jasmine Rice

You know when a dinner has so many good bits you just don't know what to eat first? This lip-smacker is one of those. Between tender chicken, basil and fresh veggies, you'll be racing to finish the bowl! Sticky kecap manis finishes off a perfect Asian dish that's here to spice up your mid week routine.



Prep: 15 mins



Cook: 20 mins

Total: 35 mins



level 1



lactose free



eat me first

Pantry Items



Water



Vegetable Oil



Fish Sauce



Jasmine Rice



Free Range
Chicken Thighs



Red Onion



Carrot



Snow Peas



Garlic



Ginger



Kecap Manis







Basil

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2P	4P	Ingredients
1 packet	2 packets	Jasmine rice, rinsed well
3 cups	6 cups	water *
2 tsp	1 tbs	vegetable oil *
1 packet	2 packets	free range chicken thighs, chopped into 2 cm chunks 
1	2	red onion, finely sliced
1	2	carrot, peeled & cut into discs 
1 bag	2 bags	snow peas, trimmed
2 cloves	4 cloves	garlic, peeled & crushed 
1 knob	2 knobs	ginger, peeled & finely grated
2 tbs	4 tbs	kecap manis (recommended amount)
1 tsp	2 tsp	fish sauce *
1 bunch	2 bunches	basil, leaves picked & roughly chopped

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

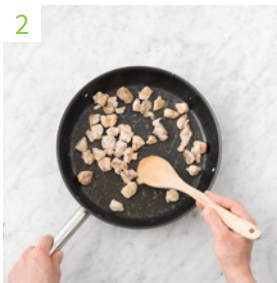
Nutrition per serve

Energy	3030	Kj
Protein	42.4	g
Fat, total	17.3	g
-saturated	4.5	g
Carbohydrate	95.8	g
-sugars	28.2	g
Sodium	875	mg



You will need: : chef's knife, chopping board, sieve, garlic crusher, fine grater, medium saucepan, large wok or frying pan and wooden spoon.

1 Place the **Jasmine rice** and the **water** in a medium saucepan, stir briefly to stop the rice sticking together, and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for 10-12 minutes or until the rice is soft. Drain.

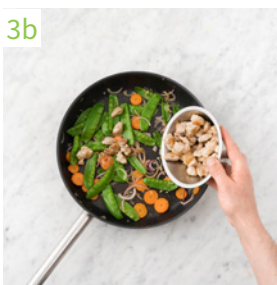


2 Meanwhile heat the **vegetable oil** in a large wok or frying pan over a high heat. Add the **chicken** and cook, stir frying, for **2-3 minutes**, or until browned. Set aside.

3 Place the same wok back over a high heat. Add the **red onion**, **carrot** and **snow peas**. Cook, stirring, for **2 minutes**. Add the **garlic** and **ginger** and cook, stirring, for **1 minute**, or until fragrant. Return the chicken to the wok with the **kecap manis** and **fish sauce** and stir fry for **1 minute**. Stir through the **basil** and then remove from the heat.



4 To serve, divide the rice and stir-fry between bowls. Drizzle any excess sauce over the rice.



Did you know? Basil contains chemicals which repel insects. Certain experiments showed that basil is toxic for mosquitoes.