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# Thai Chicken Stir-fry with Basil and Cashews

## Ingredients:

### MARINADE FOR THE CHICKEN

- 1 tsp cornstarch
- 1 tsp rice vinegar or rice wine
- 1 chicken breast

### FOR THE SAUCE

- 1 ½ tbsp soy sauce
- 1 ½ tbsp fish sauce
- 1 tbsp Splenda (7 packets)
- 2 tbsp water
- ½ tsp rice vinegar

### FOR THE STIRFRY

- 1 chicken breast, chopped into bite-sized pieces and marinated (marinade optional)
- 1 tbsp coconut oil
- 1 tbsp garlic chili paste
- ¼ onion, chopped
- 1 finger length red Thai chilis with seeds removed and diced (optional)
- ½ pepper, chopped into chunks
- ½ carrot, sliced thin
- ½ cup broccoli, cut into bite-sized pieces
- ¼ cup cashews
- Small Bunch of basil (don't chop it)
- 1 green onion for garnish
- ¼ cup Jasmine rice
- 8-10oz Water

Nutrition Facts: Calories-580 Carbs- 72.9g Fat-15.4 g Protein- 32.35g

## Equipment:

2 small cutting boards, wok or large sauté pan, small pot, measuring cup and spoons, chopping knife, peeler, 2 small mixing bowls

## Instructions:

1. Add rice into small pot and add 8-10 oz of water put on medium heat. (set timer for 15 minutes stirring occasionally)
2. Chop up the chicken into small cubes and marinate it in the cornstarch and rice wine for 10-15 mins.
3. Heat the coconut oil in a large pan on medium-high heat. When the pan is hot, add the chicken. Stir fry the chicken till it's just cooked through and remove it from the pan and set aside.
4. In the same pan, throw in the onion, carrots, and chilies if you are going to use them. Stir fry for about 5 mins till the carrots start to get a little soft. Add the garlic chili paste and stir.
5. When the carrots are tender, add the broccoli, peppers, chicken and the sauce to the pan. Stir fry for about 5-7 minutes. Don't let the broccoli get mushy.
6. Add the basil and cashews right before you are going to serve it. Add the leaves whole or chopped if you like that better. Spoon the veggies, chicken and sauce over a plate of rice. Serve and enjoy!