

Thai Basil Chicken Stir Fry

Recipe makes 6 meals

Ingredients

- 2 lbs Ground Chicken
- 1.5 cups White Rice, dry
- 8 cloves Garlic
- 1-5 Red Thai Chili Peppers*
- 2 ounces Thai Basil*
- 1/3 cup Water
- 1/3 cup Less Sodium Soy Sauce
- 2 Tbsp Cooking Oil
- 2 Tbsp Oyster Sauce
- 2 Tbsp Fish Sauce
- 2 Tbsp Brown Sugar
- Salt and Pepper to taste

*See notes



Nutrition Profile

- per meal -

Calories - 426
Fat - 15g
Carbohydrates - 42g
Protein - 32g
***Fiber - 0g**



Estimated Cost
Per Meal

\$1.88

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Instructions

1. Start by cooking your rice using your preferred method. When done, set it aside.

2. While your rice is cooking, if you have a mortar and pestle, grab your Thai chili peppers and garlic cloves and mash them into a paste. If you do not have a mortar and pestle, using a knife, chop the peppers and garlic up as much as you can. You don't really want any big chunks. When done, set that aside.

3. For your sauce, in a bowl add 1/3 cup water, 1/3 cup soy sauce, 2 Tbsp oyster sauce, 2 Tbsp fish sauce, and 2 Tbsp brown sugar. Mix well and set aside.

4. Heat a large skillet or wok over medium heat and add in 2 Tbsp of cooking oil. Once your oil is heated, add in your pepper and garlic paste and cook until your garlic starts to brown, but don't let it burn.

5. Once your garlic is aromatic, turn the heat up to medium-high, add your ground chicken, and cook until no longer pink, breaking it up in the process.

6. When your chicken is cooked through add in your sauce. Mix well and let this cook for 2-3 minutes.

7. Stir in your basil and let it cook until the basil starts to wilt.

8. Once that's done, give it a taste, and add salt and pepper to preference.

8. Portion everything out into your meal containers and enjoy!



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Notes

- **Red Thai Chili Peppers are very hot! If you don't like a lot of spice, I would go with just one. If you want no spice at all, alternatively you can use another breed of pepper like mini sweet peppers. Regular bell peppers can be used as a last resort, but they are thicker in texture so it will change the mouth feel of the dish. If you do like spice and just can't find the Thai chili peppers, you can use jalapeño or serrano peppers.**

- **The traditional name for this dish is Pad Kra Pao Gai, which means....**

Pad - Fried (or stir fried in this case)

Kra Pao - Holy Basil (we used Thai basil instead)

Gai - Chicken (Gai can also mean egg. Sometimes this dish is served with a fried egg on top, which I highly recommend!)

- **As you can see we used Thai basil instead of holy basil. That's because holy basil is extremely difficult to find in the U.S. I found this Thai basil at a local Asian market. If you cannot find Thai basil, you can use fresh Italian basil as a substitute.**
- **A lot of the ingredients in this sauce are very high in sodium. So be sure to drink plenty of water. And if you have a medical need to limit sodium, you may want to be mindful when making this recipe. You can skip the oyster sauce to lower the sodium a bit.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**



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