

Thai Basil Chicken with Broccoli

Ingredients

2 tbsp oil
2 tsp garlic, minced
2-3 Thai peppers, sliced
1 cup onion cut in fine wedges
1/2 lb chicken breast
2 cups broccoli
1 tsp sugar
1 1/2 tbsp fish sauce
1/2 tbsp oyster sauce
1/2 to 1 tsp chili powder
1 cup fresh basil

Directions

Cut chicken into 1/8 slices.

Cut broccoli into bite-size pieces.

Heat wok with oil, fry garlic until fragrant and add onions, pepper and chicken.

Stir-fry chicken until it just turns white.

Add broccoli and fry for about 1-2 minutes and add sugar, fish sauce, oyster sauce and chili powder.

Stir in basil and cook until basil begins to wilt. Dish and serve warm with rice.

You can use asparagus instead of broccoli.

Number of Servings: 4

Nutritional Info:

Servings Per Recipe: 4

Total Carbs: 1.2 g