THAI CHICKEN BASIL

INGREDIENTS:

- 1.5 lb. boneless organic chicken breast
- 1 small bunch fresh basil
- 2 tbsp olive oil divided
- 2 bell peppers (you pick the colors)
- 1/2 tsp kosher salt
- 2-3 green onions thinly sliced, for serving
- 2 tbsp oyster sauce
- 1 tbsp honey
- 2 tbsp low sodium soy sauce
- 2-3 garlic cloves minced
- 1 red chili seeded and sliced
- 2 tsp sesame seeds



NUTRITION PER SERVING:

- Calories: 251
- Carbs: 9g
- Protein: 30g
- Fat: 10g
- Sat Fat: 2g
- Cholesterol: 87mg
- Sodium: 805mg
- Fiber: 1g
- Sugar: 6g

DIRECTIONS:

- In a small bowl whisk, oyster sauce, honey, and soy sauce; set aside. Cut the chicken into small dice.
- Chop the pepper, red chili, and green onion. Heat 1 tablespoon of oil in a skillet.
- Add basil leaves in a single layer and fry undisturbed for 1-2 minutes. Remove from the skillet to a plate lined with a paper towel.
- Add the remaining tablespoon of oil and heat again. Add peppers, garlic, and red chili, sauté until sizzling. Don't let it turn dark.
- Immediately add in the chicken cubes and salt; cook until nicely golden brown. Reduce the heat to low, stir in the prepared sauce and simmer for 5 minutes.
- Stir in the fried basil. Transfer the chicken to a serving bowl.
- Garnish with sliced green onion and top with sesame seeds. Add a side of rice or cauliflower rice :)

Makes 5 servings.

Reference: https://HealthyFitnessMeals.com