

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



Thai-Style Basil Chicken

Serves 2-4

This dish is a quick and delicious weeknight meal that's often a go-to answer for when we want loads of flavor (and want to avoid paying for take-out). The secrets to this dish are threefold: the spicy Thai chilies, the fragrant Thai basil, and the zingy lime juice. Once all the ingredients are gathered and prepped, enjoying this fabulous stir-fry dinner in just minutes away!

Ingredients:

4 cups cooked white rice
1.5 lbs chicken breasts, thinly sliced
1/4 cup vegetable oil
5 fresh Thai chilies, sliced
4 shallots, thinly sliced
5 garlic cloves, roughly chopped
1 red bell pepper, diced
1/2 cup chicken broth
2 teaspoons cornstarch dissolved in 2 tablespoons cold water
1 large bunch fresh Thai Basil leaves

Sauce:

2 tablespoons soy sauce
1 tablespoon fish sauce
1 tablespoon lime juice (about the juice of 1/2 lime)
1 teaspoon brown sugar

Garnishes:

Fresh Thai Basil leaves
Lime wedges, for garnish

Directions:

1. Prepare the rice according to the packaged instructions. Or, follow our go-to rice recipe: Rinse the rice 3-4 times with water; combine 1-1/2 cups of the rinsed rice with 2-1/4 cup water in a saucepan. For extra flavor, add 1 tablespoon of butter, 1 teaspoon of raw diced onion or shallot, and a pinch of salt. Bring the rice and water to a boil over medium-high heat. Once boiling, turn to low, and cover. Simmer on low for 20 minutes (leave the lid firmly on without peeking!) Keeping the lid on, turn the heat off and let rice sit for 10 minutes. After 10 minutes, uncover and fluff with a fork.
2. Cut the chicken breast into thinly-sliced, bite-sized pieces.
3. In a small bowl, whisk the sauce ingredients (soy sauce, fish sauce, lime juice, and brown sugar) together until combined.

Continued on Page 2

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



Page 2, continued

4. Dissolve the cornstarch in cold water, then in a small bowl, whisk the dissolved cornstarch into the chicken broth; set aside.
5. Prepare all of the vegetables. Get everything "*mise en place*" (translated to "put in place") before your heating the wok. The cooking of this dish happens quickly, so preparation and handiness is key. Place all of the ingredients (cut chicken, prepared vegetables, sauce and broth mixture) in small bowls nearby so that they are ready to quickly add to the wok at the right time.
6. Heat the vegetable oil in the wok over high heat and add the chilies, shallots, red pepper, and garlic. Stir-fry until the vegetables are just-tender and fragrant.
7. Add the chicken and stir-fry for 3-4 minutes until the chicken is cooked through.
8. Add the sauce to the wok, and stir until the chicken is evenly coated. Add the broth mixture to the wok and the basil leaves, and cook until basil is wilted and sauce has thickened slightly.
9. Serve hot over rice with additional basil leaves and lime wedges.