

Thai Chilli Jam Chicken & Basil Stir-fry



Method:

To begin heat a wok over high heat. Add 2 tsp. peanut oil and swirl to coat the wok. Stir-fry a third of the chicken for 2 to 3 minutes or until browned and just cooked. Transfer to a bowl while covering to keep warm. Repeat with oil and remaining chicken in 2 batches. Once chicken is cooked, set aside. Add remaining oil to the wok over high heat. Add onion to the wok and stir-fry for 2 minutes or until softened. Add garlic and chilli and stir-fry for 1 minute or until fragrant. Add snake beans, broccoli and capsicum. Stir-fry for 2 to 3 minutes or until tender. Return chicken to wok along with chilli jam, fish sauce, oyster sauce and sugar. Stir-fry for 1 to 2 minutes or until sauce mixture is bubbling and heated through. Add cashew nuts and toss to combine. Sprinkle with basil and serve with rice. Optional: Top with chilli.

Ingredients:

- ❖ 2 tbsp. peanut oil
- ❖ 3 x chicken breasts, chopped
- ❖ 1 brown onion, cut into thin wedges
- ❖ 3 garlic cloves, finely chopped
- ❖ 200g snake beans, trimmed, cut into 3cm lengths
- ❖ 1 red capsicum, sliced
- ❖ 1 red chilli, sliced
- ❖ 1 yellow capsicum, sliced
- ❖ 1/4 cup chilli jam
- ❖ 1 tbsp. fish sauce
- ❖ 1 cup broccoli florets
- ❖ 1 tbsp. oyster sauce
- ❖ 1 tbsp. grated palm sugar
- ❖ 3/4 cup roasted cashew nuts
- ❖ 1/2 cup fresh Thai basil leaves
- ❖ Steamed jasmine rice or brown rice

Serves 4

Preparation time: 20 mins

Cooking time: 15-20 mins