

THAI BASIL CHICKEN

This Incredible Dish Is Bursting With Flavors. If You've Never Had It Before, It'll Be A New Favorite.

I have to be fully honest and up front. I'm one of those people, who has gone my entire life not knowing what to order at Thai restaurants. I have no idea what ANY of that stuff is on the menus, which is why I am having so much fun making this new cookbook!!! I'm getting to try out so many new dishes! I... absolutely... LOVE this. Today, making this dish, was the first time in my life I've ever had it. The sauce is extremely complex, with a deep, silky, nearly gravy like sauce to it. It has a nice sweetness, a bit of heat (which you can ratchet up)... and oh, my, staaars... then the basil comes along and karate chops your taste buds.

Servings Info.:

Yields: 6 cups
Servings: 4
Serving Size: 1-1/2 cup



- last checked 11/30/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

CHICKEN:

- 1-1/2 pounds boneless skinless chicken breast, cut into small bited sized pieces
- 1/2 tsp baking soda, stirred into 1 Tbsp water

SAUCE:

- 3 Tbsp PLUS 1 tsp low sodium soy sauce
- 2 Tbsp oyster sauce
- 2-1/2 tsp 'dark' soy sauce
- 1 Tbsp Asian chili sauce (I used Huy Fong, chili garlic)
- 2 Tbsp 0 calorie sugar replacement o' choice
- 1/4 tsp cracked black pepper
- 1-1/2 tsp cornstarch

ADDITIONAL INGREDIENTS:

- 2 large red bell peppers, cut into 1/2" pieces. (2-1/2 cups)
- 2 medium (or 1 LARGE) onion, rough chopped. (3 cups)
- 6 medium garlic cloves, minced
- 1 tsp sesame seeds, for garnish

THAI BASIL (and substitute)

- - Use either 2 cups of Thai Basil leaves... **OR**....
- - Use 3 cups of 'regular' Basil leaves, like you use for Italian dishes. In addition to that, add 1 Tbsp finely chopped tarragon (SEE NOTES)

Directions:

1. Mix together the chicken with the baking soda. Set aside for 20-30 minutes. While it's marinating, mix the sauce together, cover, set aside.



2. (A) Chop, prep and set aside veggies and herbs. (B) Heat a LARGE pan over high heat for 1 minute. Spray with cooking spray, then add all of the chicken to the pan. Cook for around 5 minutes, or till just cooked through. Remove chicken from pan, set aside, return empty pan to heat. (C) Add the bell peppers, onions and garlic. (D) Cook over high heat till onions are starting to caramelize around the edges.



3. **(A)** Return chicken to the pan and mix with the veggies. Pour in the sauce, toss to mix. **(B)** Continue to cook over high heat. Let the dish sit for 10-15 seconds, then toss to combine. Repeat that process for a minute or two, so the sauce can thicken. Once the chicken is well covered in a nice, dark coating of sauce, **(C)** turn off the heat and immediately add the fresh herbs. **(D)** With the heat off, toss and mix the chicken and vegetables with the herbs, allowing them to wilt in the residual heat of the dish. Serve immediately. If you'd like, you can garnish the dish with a 0 point amount (up to 7/8 tsp) of sesame seeds, though it's optional.

NOTES & SUGGESTIONS:

- **THAI BASIL OR SUBSTITUTIONS:** Ok... this is going to be a bit of a read, so bear with me. This dish is called "thai basil" chicken. As such... it is highly recommended that you use real thai basil. However... acknowledging the fact that not everyone has access to it, I wanted to present you with a viable substitution with common ingredients. Every single snootie food blog will tell you:

"... if you can't find real Thai basil, use regular basil, but it won't taste as good. But unfortunately, regular basil lacks a licorice flavor that's present in Thai basil."

Well, those food snoots aren't using common sense. Use regular basil... but ADD ANOTHER INGREDIENT that will give it a slight licorice flavor. In my recipe, I'm choosing to use a little bit of additional fresh tarragon. You can also try using some anise, or maybe a little fennel. This isn't rocket science. Most bloggers don't experiment with ingredient substitutions. So... yes, use 1.5x as much regular basil as you would Thai basil. BUT... also, try adding an additional ingredient that gives the missing flavor. Have fun experimenting on what you could use. Tarragon worked for me.

- **DARK SOY SAUCE:** No, it is not regular soy sauce. It is a darker, slightly thicker soy sauce, mostly used to enhance the richness and dark color of sauces. If you buy it online, look for 'sushi chef' brand. It lets you have the most for 0 points. Additionally... DO NOT GET 'Mushroom Flavored' dark soy sauce... it's disgusting.

- **WHERE ARE THE HOT PEPPERS?:** I'm NOT going to make you go find an Asian market and buy Thai chili peppers. That's why I'm using Asian chili sauce for the heat in my recipe. It's at every store and it's incredibly easy to adjust your level of heat. However... if you want to go full-tilt traditional, replace the chili sauce with 8-10 Thai chili peppers. You can also use some sliced red jalapeños. But seriously... ya'll are crazy. That'll melt your face off.

