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Spicy Basil Chicken

Substitute lower-sodium soy sauce if fish sauce is difficult to find. The flavor won't be as complex, but soy sauce will still add a salty note. You can also substitute thinly sliced Thai bird chiles or jalapeño for the sambal oelek—or leave it out completely if you'd rather enjoy a mild dish. Serve with Brown Rice with Sesame and Sautéed Snow Peas and Peppers.

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Yield: Serves 4 (serving size: 3/4 cup)

Hands-on: 19 Minutes

Total: 19 Minutes

Ingredients

2 teaspoons canola oil	1 1/4 teaspoons chile paste with garlic (such as sambal oelek)
1/4 cup minced shallots	1 teaspoon water
3 garlic cloves, thinly sliced	1/2 teaspoon cornstarch
6 (4-ounce) skinless, boneless chicken thighs, cut into 1-inch pieces	1/8 teaspoon salt
1 tablespoon fish sauce	1/3 cup sliced basil leaves
2 teaspoons sugar	Brown Rice with Sesame
2 teaspoons lower-sodium soy sauce	Sautéed Snow Peas and Peppers

Preparation

1. Heat a large nonstick skillet over medium-high heat. Add oil to pan; swirl to coat. Add shallots and garlic to pan; cook for 30 seconds or until fragrant. Add chicken to pan; cook 13 minutes or until chicken is done. Combine fish sauce and the next 6 ingredients (through salt) in a small bowl, stirring with a whisk. Add fish sauce mixture to pan, and cook for 1 minute or until mixture thickens, stirring to coat chicken. Remove from heat. Stir in basil.

Nutritional Information

Amount per serving

Calories: 291 Fat: 15.2g Saturated fat: 3.7g Monounsaturated fat: 6.4g Polyunsaturated fat: 3.6g Protein: 31.3g
Carbohydrate: 5.6g Fiber: 0.1g Cholesterol: 112mg Iron: 1.9mg Sodium: 615mg Calcium: 31mg

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