

BASIL-CHILLI CHICKEN

INGREDIENTS

- 1 large Lime
- 3 tablespoons Old Cathay Soya Sauce
- 2-3 teaspoons Chilli Flakes
- 1 teaspoon each Brown Sugar, Fish Sauce & Dark Sesame Oil
- 2 Garlic Cloves (crushed)
- 1 teaspoon Fresh Ginger, grated
- ½ teaspoon Dried Basil
- 4 skinless, boneless Chicken Breasts
- 3 Spring Onions
- 2 Red, Yellow or Green Capsicums
- 2 teaspoons Vegetable Oil
- 1 cup Fresh Basil, coarsely chopped

METHOD

1. In a small bowl, squeeze juice from the lime. It should make about 2 tablespoons (30ml). Stir in Old Cathay Soya Sauce, 2 teaspoons chilli flakes, sugar, fish sauce, sesame oil, garlic, ginger, dried basil and mix until well combined. Set aside.
2. Thinly slice the chicken into long strips. Thinly slice onions diagonally. Core and seed capsicum, then slice them into long thin strips
3. Heat oil in a large, wide frying pan, preferably non-stick, set over medium/high heat. Add the chicken. Stir fry until pale golden (3-4 minutes). Add the spring onions and capsicum. Stir often until the capsicum is tender/crisp (2 minutes). Pour lime juice into the pan. Stir well until chicken and vegetables are evenly coated with sauce (1 minute). Remove from the heat and stir in the fresh basil. For more “kick” sprinkle in the remainder of the chilli flakes (1 teaspoon). Great spooned over wide rice noodles or steamed rice.

