Thai holy basil chicken

Minced chicken, garlic and chilli come together in a hot wok. A handful of holy basil gives this quick stir-fry its peppery fragrance.

Serves 2 · 20 minutes

Ingredients

Contains fish (fish sauce), molluscs (oyster sauce), and soya and wheat (gluten) in Healthy Boy thin soy sauce. Check the labels of any substitute sauces.

- 300 g minced chicken
- 3 garlic cloves, finely chopped
- 1–2 fresh chillies, finely chopped
- 1 tbsp neutral cooking oil
- 1 tbsp oyster sauce
- 1 tsp fish sauce
- 1 tsp light soy sauce
- ½ tsp sugar
- 2 tbsp water
- A handful of fresh holy basil leaves

  Fresh pre-order. Local delivery or collection only.
- Cooked jasmine rice, to serve

Method

1. Get everything ready

Have the cooked rice ready. Pick the holy basil leaves from their stems. Finely chop the garlic and chillies. Mix the oyster sauce, fish sauce, soy sauce, sugar and water in a small bowl.

2. Fry the garlic and chilli

Heat the oil in a wok or large frying pan over medium-high heat. Stir-fry the garlic and chilli for about 30 seconds, just until fragrant.

3. Stir-fry the chicken

Add the chicken and break up any clumps with a spatula. Keep turning until the chicken is cooked through and steaming hot throughout.

4. Add the sauce and basil

Pour in the sauce mixture and toss for 1–2 minutes until it coats the chicken. Turn off the heat and fold in the holy basil just long enough to wilt. Spoon over the rice and serve straight away.

Cook’s note Add the basil at the very end so it keeps its aroma. If holy basil is unavailable, Thai sweet basil gives a different, gently aniseed flavour.