

Speedy Thai Basil Chicken

Serves 4

2 tablespoons canola oil

4 garlic cloves chopped

1 large shallot sliced thin

2 - 3 Thai chiles chopped

12 ounces ground chicken

2 Tablespoons soy sauce

2 Tablespoon lime

2 teaspoons agave nectar (or 1 teaspoon sugar)

1 – 2 large bunches of Thai basil leaves (or equal parts basil and mint)

1 large red pepper diced

Directions:

1. Add oil, garlic, shallots and chiles in a cold sauté pan. Turn heat to medium high.
2. When the garlic is lightly golden, add the ground meat. Saute and cook until completely browned and the liquid is absorbed.
3. Add soy sauce, lime and agave nectar. Again, stirring until liquids are almost all absorbed.
4. Add the Thai basil leaves. Stir quickly until basil is wilted.
5. Add the red pepper and serve on brown rice with a green vegetable.

Recipe courtesy of Chef Christina Dimacali of Clean Your Plate, Philadelphia