

Spicy Thai Chicken Bowl

Spicy Thai Chicken Bowl

A great way to spice up chicken and peppers.

Timing

Prep time	Total time	Skill level
30 mins	45 mins	Easy

What You'll Need



1 lb chicken thighs cut into bite-size pieces



1 red bell pepper diced medium



1 yellow bell pepper diced medium



1 medium onion diced medium



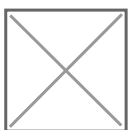
6 button mushrooms quartered



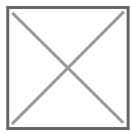
Sesame oil



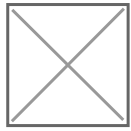
2 Dried chilies diced small



Toasted sesame seeds. Toast in a frying pan for 2-3 minutes or until slightly browned



2 spring onions, chopped small

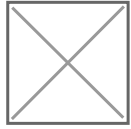


¼ cup fresh cilantro roughly chopped



¼ cup fresh chopped basil

Marinade



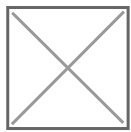
1 tsp grated garlic



1 tsp grated ginger



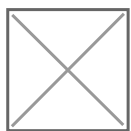
¼ tbsp salt



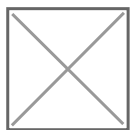
1 tbsp soy sauce



1 tsp sesame oil



1 tbsp corn starch



½ tsp fish sauce

Directions

1. Marinate chicken for a minimum of 30 minutes.
2. Heat 2 tbsp cooking oil in a heavy pan or wok on medium heat.
3. Add the marinated chicken to the pan along with the marinade and cook for 3-4 minutes, stirring frequently.
4. Add sesame oil, onions, peppers, mushrooms, and chilies. Cook for another 3-4 minutes, stirring often.
5. For the last 30 seconds, add spring onions and basil to the pan. Serve over rice topped with sesame seeds and cilantro.