Spicy Thai Chicken Bowl



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.