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.