



## Spicy Chicken and Basil Stir-Fry

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6 tablespoons low-sodium chicken broth  
2 tablespoons Asian fish sauce  
2 teaspoons light brown sugar  
 $\frac{1}{2}$  teaspoons cornstarch  
2 tablespoons vegetable oil  
1 red bell pepper, seeded and cut into  $\frac{1}{4}$  " strips  
1 or 2 Thai or jalapeno chilies, cut into very thin rounds  
2 garlic cloves, minced  
4 boneless, skinless chicken breast halves, cut into thin strips  
 $\frac{3}{4}$  cup thinly sliced fresh **basil** leaves, preferably **Thai basil**  
3 green onions, cut into 3" pieces  
Cooked jasmine rice for serving

In a bowl, whisk together broth, fish sauce and brown sugar. Add cornstarch and whisk until cornstarch and sugar are dissolved. Set aside. In a large wok or fry pan over high heat, warm oil. Add bell pepper and stir-fry for 1 minute. Add chili to taste and garlic; stir-fry until fragrant, about 20 seconds. Add chicken and stir-fry until no longer pink, about 2  $\frac{1}{2}$  minutes. Stir in basil and green onions; stir-fry until onions are barely wilted, about 1 minute. Whisk sauce mixture and pour into pan. Cook just until liquid comes to a boil. Spoon rice onto individual plate; top with stir-fry and sauce.

Serves 4.