

SPICY THAI BASIL CHICKEN (PAD KRAPOW GAI)

Chef John's classic Thai basil chicken, keto-fied and served over cauliflower rice



INSTRUCTIONS

1. Make the sauce

- 2/3 cup chicken broth
- 2 Tbsp oyster sauce
- 2 Tbsp tamari or coconut aminos
- 4 tsp fish sauce
- 4 tsp monk fruit/allulose sweetener

Whisk the chicken broth, oyster sauce, tamari, fish sauce, and sweetener together in a bowl until well blended.

2. Cook the chicken

- 2 Tbsp beef tallow or avocado oil
- 1 1/2 lbs boneless, skinless chicken, diced

Heat the beef tallow or avocado oil in a large skillet over high heat. Add the chicken and stir-fry until it loses its raw color, 2 to 3 minutes.

3. Add the aromatics and vegetables

- 1 small yellow onion, chopped
- 1 bell pepper (red, yellow, or orange), chopped
- 4 cloves garlic, minced
- 4 to 8 Thai chilies, diced (adjust to taste)

Stir in the onion, bell pepper, garlic, and chilies. Continue cooking on high heat until some of the juices start to caramelize on the bottom of the pan, about 2 to 3 minutes more.

4. Add the sauce

Add about a tablespoon of the sauce mixture to the skillet; cook and stir until it begins to caramelize, about 1 minute. Pour in the rest of the sauce. Cook and stir until it deglazes the bottom of the pan and glazes onto the meat, 1 to 2 minutes more. Remove from heat.

5. Finish with basil and serve

- 1 1/2 cups Holy Basil
- Cauliflower rice, cooked, for serving
- Fried eggs, optional

Stir in the basil. Cook and stir until wilted, about 20 seconds. Serve hot over cauliflower rice, topped with a fried egg if desired.

NUTRITION (per serving, makes 4)

Estimated, does not include cauliflower rice or egg

- Calories: 290
- Total Fat: 15g
- Total Carbs: 6g
- Fiber: 1g
- Net Carbs: 5g
- Protein: 30g

STORAGE

Store in the fridge in an airtight container for up to 2 days, or freeze for up to 2 to 3 months.



Recipe created by Mind-Body Functional Health.
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