

Thai Chicken Mince Stir-fry

with Basil

hellóchef

This dish takes inspiration from a Thai street food classic. We've left out the rice to keep it low-carb and added green beans and bean sprouts.

Cals 587 • Prot 62 • Carbs 22 • Fat 30

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🕒 cook: 30 min

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken mince	400	600	800	Grams
Green beans	150	250	375	Grams
Spring onion	40	60	80	Grams
Garlic cloves	4	6	8	Piece
Small red chilli	2	3	4	Piece
Bean sprouts	100	150	200	Grams
Thai basil	15	15	15	Grams
Vegetable oil	2	3	4	Tbsp
Soy sauce 9* , 10* , 11*	30	40	60	ML
Oyster sauce 8* , 10*	20	30	40	Grams
Brown sugar	5	5	10	Grams
Organic Eggs 5*	2	3	4	Piece
Crispy onions	20	30	40	Grams

Allergens

***9** Soya, ***10** Wheat, ***11** Gluten, ***8** Molluscs, ***5** Eggs

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information Per Serving*

Energy (kJ/kcal)	2457 / 587
Fat (g)	30
of which saturates (g)	8.6
Carbohydrate (g)	22
of which sugars (g)	8.7
Fiber (g)	4.3
Protein (g)	61.6
Salt (g)	4.3

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep vegetables

Trim the **green beans**. Trim and finely slice the **spring onions**. Peel and mince the **garlic**. Finely chop the **chilli**. Rinse the **bean sprouts**. Pick the **Thai basil** leaves from their stems.

Tip! Thai basil has a strong aniseed flavour, leave it out if you're not a fan.



2 Boil beans

Cook the **green beans** in a pot of salted boiling water for 3 min. Drain well.



3 Fry chicken

Meanwhile, heat a large non-stick pan over a medium-high heat with a drizzle of **vegetable oil**. Once hot, add the **chicken mince** and fry for 4-5 min.



4 Add vegetables

Add the drained **green beans**, **spring onion**, **garlic** and **chilli (spicy!)** to the pan and cook for 1 min further. Add the **soy sauce**, **oyster sauce** and **brown sugar** and simmer for 2 min. Remove the pan from the heat, add the **bean sprouts** and **Thai basil** leaves and give everything a good mix up. Set aside.



5 Fry eggs

Heat a second non-stick pan with a drizzle of **vegetable oil** over a medium heat. Once hot, crack the **eggs** into the pan and fry for 2-3 min or until done to your liking. For a set **egg** yolk, cover the pan with a lid.



6 Serve

Serve the **fried eggs** over the **chicken stir-fry** and garnish with the **crispy onions**.