



Spicy Thai Basil Chicken (Gkai Pad Gka-prow)

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



254 kcal

SIDE DISH

Ingredients

- 2 tablespoon asian fish sauce
- 1 pound chicken thighs boneless cut into small 1-inch chunks
- 3 tablespoon canola oil
- 15 clove garlic peeled roughly chopped
- 6 servings lime wedges for serving
- 1 pinch bell pepper red
- 3 shallots thinly sliced
- 3 teaspoon soya sauce black (semi-sweet see-yew dahm wahn)

- 2 cup thai basil fresh (stems, leaves and flower buds)
- 6 servings more fish sauce and thai chilies for garnish

Equipment

- food processor
- bowl
- frying pan
- wok

Directions

- Start by putting the chunks of chicken into the food processor. Pulse the meat 8 or 9 times. Do not turn the meat into a paste. You want something a bit chunkier than ground meat. This will make for plenty of meat surface to come in contact with the flavorful sauce.
- Heat a wok or very large skillet until its surface is almost smoking hot. Swirl in the oil to coat the wok surface. It should "dance" and shimmer a bit if the pan is properly heated. Stir in the garlic and shallots. Stir continuously to keep them from burning. Though it is fine if they color some. Almost immediately add the chicken. Stir-fry the mixture 1 to 2 minutes. When the chicken begins to change color but has not cooked all the way through yet toss in the chilies and kaffir lime leaves.
- Sprinkle black soy sauce over the mixture and stir-fry for another 30 seconds. Season to taste with fish sauce. Once the chicken has cooked through stir in the fresh basil and toss well. Stir-fry another minute or so, until the basil is wilted.
- Sprinkle with red pepper and transfer to a serving dish.
- Serve with plain steamed rice and a small bowl of fish sauce with some chilie slices floating in it and a few lime wedges on the side.

Nutrition Facts

  
 **PROTEIN 21.95%**  **FAT 69.39%**  **CARBS 8.66%**

Properties

Glycemic Index:34.83, Glycemic Load:1.31, Inflammation Score:-5, Nutrition Score:10.346956584765%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 254.05kcal (12.7%), Fat: 19.66g (30.25%), Saturated Fat: 3.91g (24.46%), Carbohydrates: 5.52g (1.84%), Net Carbohydrates: 4.78g (1.74%), Sugar: 1.41g (1.57%), Cholesterol: 74.09mg (24.7%), Sodium: 778.41mg (33.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14g (27.99%), Vitamin K: 40.02µg (38.11%), Selenium: 16.04µg (22.92%), Vitamin B6: 0.44mg (22.12%), Vitamin B3: 3.94mg (19.72%), Manganese: 0.3mg (14.87%), Phosphorus: 147.51mg (14.75%), Vitamin A: 488.7IU (9.77%), Vitamin E: 1.46mg (9.76%), Magnesium: 37.51mg (9.38%), Vitamin B5: 0.89mg (8.88%), Vitamin B12: 0.52µg (8.62%), Potassium: 278.29mg (7.95%), Zinc: 1.18mg (7.83%), Vitamin B2: 0.13mg (7.38%), Iron: 1.17mg (6.5%), Vitamin C: 5.32mg (6.45%), Vitamin B1: 0.08mg (5.61%), Copper: 0.11mg (5.55%), Calcium: 42.36mg (4.24%), Folate: 16.45µg (4.11%), Fiber: 0.74g (2.96%)