

BASIL CHICKEN



4 servings



Prep: 10 min



Cook: 20 min



INGREDIENTS

- 2 tbsp olive oil
- 450 g eggplant, 1" cube
- 300 g french beans, 1" length
- 8 garlic cloves, minced
- 1 chilli padi, chopped
- 300 g chicken breast, skinless, cubed
- 2 tbsp oyster sauce
- ¼ cup basil leaves

METHODS

1. In a heated non-stick pan, add 1 tbsp of olive oil.
2. Stir-fry eggplant & French bean until slightly browned and set aside.
3. In the same pan, heat up 1 tbsp of olive oil.
4. Sauté garlic and chilli padi until fragrant.
5. Add in the chicken and stir-fry for 3 mins until cooked.
6. Toss in eggplant & French bean and mix well.
7. Add in oyster sauce and stir fry for another 3 minutes.
8. Turn off fire and add in the basil leaves.
9. Toss for another 2 minutes.
10. To complete the meal, serve with 1 cup of brown rice and enjoy!



< 500 KCAL
DISHES

Nutrition Information (per serving)

Energy 226 kcal, Carbohydrate 8.6 g, Protein 20.1 g, Fats 11.1 g, Saturated Fats 1.4 g, Polyunsaturated Fats 4.1 g, Monounsaturated Fats 4.6 g, Cholesterol 44 mg, Dietary Fibre 6.0 g, Sodium 499 mg, Potassium 698 mg, Phosphate 244 mg

