

Spicy Ground Chicken Stir Fry

Serve 4-6 people

Ingredients

Stir-Fry

1 pound ground chicken
1 medium-large red bell pepper, diced
1 cup carrot chips, sliced
1 bunch green onion (divide green from white)
½ small red onion
⅛ cup ginger
½ bunch cilantro stems
7 leaves of thai basil
1 teaspoon roasted sesame seeds
1 tablespoon sesame oil (or half sesame oil and vegetable oil)
½ cup Private Selection Chinese Inspired Hot Mandarin Wing Sauce
½ -1 tsp kosher or sea salt

Rice

2 cups jasmine rice
3 cups water

Method of Prep

1. Take ground chicken out of the refrigerator and allow it to come to room temperature while you prepare vegetables.
2. Add rice and water to a medium pot. Bring to a boil for 5 minutes and then turn heat down to low. Cover the pot with a lid and allow rice to steam for 10 minutes.
3. Wash all produce and herbs
4. Cut and prepare all vegetables and herbs:
 - Dice bell pepper and set aside
 - Mince garlic and cilantro stems, cut carrots into strips and dice red onion, cut off and slice the white portion of the green onion. Slice the green portion and set aside for garnish.
 - Tear thai basil leaves into 2-3 pieces
5. Measure out ½ cup of the wing sauce to add at the end of cooking. Add ½ teaspoon of salt and set aside
6. Add the sesame oil to a hot pan over medium-high heat. Once the oil is hot, add your vegetable mix and stir-fry for 5 minutes.
7. Move vegetables to one side of the pan and add the ground chicken. Break up the chicken with your utensil and be sure to allow chicken to sear.
8. Once chicken is mostly white, stir into the vegetables and add wing sauce and bell peppers. Continue to cook for another 3-5 minutes.
9. Cut off your heat and garnish stir-fry with green onion, thai basil and sesame seeds.

Notes:

- You can substitute the wing sauce for teriyaki sauce, stir-fry sauce, or a preferred salad dressing/vinaigrette
- If you can not find thai basil, use a combination of mint and cilantro or regular sweet basil.
- This recipe can be prepared with any ground meat you prefer.
- To make vegan, use one pound of eggplant, squash or seitan.