



Chicken *and* Basil Stir-Fry

A quick weeknight dinner, this chicken and basil stir-fry is light, delicious and a healthy addition to the recipe collection. Enjoy over white rice, basmati rice or even rice noodles.

INGREDIENTS

- 1 ½ lbs. boneless, skinless chicken breast halves, cut crosswise into ¼-inch-thick slices
- 1 Tbs. cornstarch
- Coarse salt and ground pepper
- 6 tsp. vegetable oil
- 1 small onion, halved and cut into ¼" wedges
- 2 bell peppers (red, green, or a mix, ribs and seeds removed), cut into ¼" strips
- 6 garlic cloves, minced
- 2 Tbs. rice vinegar
- 2 Tbs. soy sauce
- 1 ½ cups basil leaves, larger leaves torn in half
- Cooked white rice, for serving (Basmati Rice is excellent with this dish)

* NOTES

Recipe from *Everyday Food*.

PREPARATION

Pat chicken pieces dry with paper towels. In a medium bowl, toss chicken with cornstarch until coated; season generously with salt and pepper.

In a large nonstick skillet, heat 2 teaspoons oil over medium-high. Cook half the chicken, turning once, until browned, but not completely cooked through, 2 to 3 minutes total. Transfer to a plate. Repeat with another 2 teaspoons oil and remaining chicken. Transfer chicken to plate. Set aside. Wipe out skillet with a paper towel.

To skillet, add remaining 2 teaspoons oil, onion, and bell peppers; cook over medium-high heat, tossing often, until beginning to brown, 3 minutes. Add garlic; cook until fragrant, about 1 minute.

Add ¼ cup water, vinegar, soy sauce, and chicken to pan; cook, tossing, until chicken is cooked through, about 1 minute. Remove from heat. Stir in basil leaves. Serve immediately, over white rice, basmati rice or rice noodles, if desired.

SERVES 4.

COOKS NOTES