

Thai Basil Chicken (Pad Kra Pao Gai)

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-long-beans-chicken-recipe>

Ingredients:

- 1 tablespoon vegetable oil
- 2 shallots minced
- 4 cloves garlic minced
- 4 chilies Thai bird's eye, minced
- 1 cup long beans cut into ¼" pieces
- 8 ounces ground chicken breast
- 1 teaspoon oyster sauce
- 1 teaspoon light soy sauce
- 1/2 teaspoon dark soy sauce
- 1 teaspoon sugar
- 1 bunch thai basil leaves fresh, stems removed
- eggs optional

Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 81 grams
3. Cholesterol: 220 milligrams
4. Fat: 26 grams
5. Fiber: 9 grams
6. Protein: 54 grams
7. SaturatedFat: 5 grams
8. Sodium: 790 milligrams
9. Sugar: 2 grams

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