Cubed chicken with basil and lemon, stir-fried cabbage, peppers, bamboo shoots and water chestnuts, over rice cooked in chicken broth and coconut milk — crunchy chow mein noodles on top.



Chicken Stir Fry with Coconut Rice

The game plan

Get the rice going first in the rice maker — chicken broth and coconut milk, 3 to 1. Sauté the cubed chicken in olive oil, then finish it with basil, lemon zest and lemon and a little chicken broth so it doesn’t dry out. Stir-fry the vegetables with oregano, coconut aminos and fish sauce, and serve everything over the rice.

What you need

Amounts are for 2 servings — scale up or down for your table.

- Chicken: about 1 lb, cubed
- Rice: 1 cup dry
- Chicken broth: about 1½ cups (for the rice, plus a little for the chicken)
- Coconut milk: about ½ cup (for the rice)
- Olive oil: 1–2 Tbsp
- Basil: a handful of leaves
- Lemon: 1, for juice and zest
- Cabbage: about 3 cups chopped
- Yellow pepper: 1, sliced
- Red pepper: 1, sliced
- Bamboo shoots: 1 small can (8 oz), drained
- Water chestnuts: 1 small can (8 oz), sliced, drained
- Oregano: ½ tsp dried
- Coconut aminos: 1–2 Tbsp
- Fish sauce: 1–2 tsp
- Crunchy chow mein noodles, to serve

COOK THE PLATE

Three parts, one dinner · Serves 2



1. Make the rice

1. Make the rice in the rice cooker, using chicken broth and coconut milk as the liquid — 3 to 1: three parts chicken broth to one part coconut milk.
2. Run the cooker as usual, and keep the rice warm.



2. Sauté the chicken

1. Cube the chicken, about 1-inch pieces.
2. Sauté it in olive oil over medium-high heat until cooked through, about 6–8 minutes.
3. Add basil, lemon zest and lemon juice, and a little chicken broth to be sure the chicken doesn’t become dry.



3. Stir-fry the vegetables

1. In a hot pan — a little olive oil if needed — stir-fry the cabbage, yellow pepper, red pepper, bamboo shoots, and sliced water chestnuts until tender-crisp, about 5–6 minutes.
2. Add basil (or herb of choice), coconut aminos, and fish sauce, and toss through.

Optional, for garlic lovers: cook chopped garlic in the oil for 30–60 seconds, shaking the pan so it doesn’t burn, and add it to the vegetables after they’re cooked.

Serve

Rice on the plate, chicken and vegetables over the top, and crunchy chow mein noodles over everything.

