



# THAI BASIL CHICKEN RICE BOWL



## INGREDIENTS

### ITEM

- Cooked Jasmine Rice
- Ground Chicken
- Bell Peppers, Sliced
- Garlic-infused Olive Oil
- Tamari
- Grated Ginger
- Fresh Basil Leaves

### QUANTITY

- ½ cup
- 4-5 oz
- ½ cup
- 1 tsp
- 1 tsp
- ½ tsp
- ½ cup

### SERVING SIZE

1



## PREPARATION

- 👉 Heat garlic-infused olive oil in a skillet over medium heat.
- 👉 Add grated ginger and cook for 20-30 seconds until fragrant.
- 👉 Add ground chicken and cook fully, breaking it apart with a spatula as it browns.
- 👉 Add sliced bell peppers and cook for 2-3 minutes until slightly softened but still crisp.

- 👉 Stir in tamari and mix well to coat everything evenly.
- 👉 Turn off the heat and fold in fresh basil until just wilted.
- 👉 Serve with cooked jasmine rice in a bowl.