**Thai chicken and basil sizzle recipe**

Serves 4

* 4 x 150g skinless chicken breast fillets
* 125g chestnut mushrooms
* 2 hot red chillies
* 3 cloves garlic
* 2cm piece fresh root ginger
* 1 medium pot fresh growing basil
* 2tbsp Coconut oil
* 2tsp (10g) Thai red curry paste
* 100ml chicken stock
* juice of 2 limes
* salt, to taste
* pepper, to taste
* brown rice to serve

1. Slice each chicken breast into six diagonal strips and slice the mushrooms.  Set aside.
2. Halve the chillies lengthways and de-seed then cut into very thin long strips.
3. Peel and finely chop the garlic and ginger.
4. Cut all the basil from the pot and discard stalks; set leaves aside.
5. Heat the oil in a large non-stick frying pan or wok and stir-fry the chicken for 2 minutes, then add the chillies, garlic, ginger and stir for another minute.
6. Add the mushrooms and curry paste and stir for half a minute. Pour in the chicken stock and lime juice and stir for a further minute until sizzling and the chicken is cooked through, then stir in most of the basil leaves
7. immediately remove from the heat and serve straight away garnished with the remaining basil leaves, serve with brown rice