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## Thai Chicken ♦

Thai Chicken is a traditional Thai dish that is known for its bold flavors and aromatic spices. It is usually made with chicken, vegetables, and a spicy sauce. This dish is commonly consumed as a main course and is often served with rice or noodles.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 25 mins

**Total Time:** 40 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>500 g</b>	chicken breast
<b>150 g</b>	Red Bell Pepper
<b>150 g</b>	Green Bell Pepper
<b>100 g</b>	onion
<b>3 cloves</b>	garlic

1 tsp	Ginger
3 tbsp	soy sauce
2 tbsp	fish sauce
2 tbsp	oyster sauce
1 tbsp	sugar
2 tbsp	vegetable oil
1 tsp	salt
1 tsp	black pepper
20 g	fresh cilantro

## Directions

### Step 1

Cut

Slice the chicken breast into thin strips.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

### Step 2

Cut

Mince the garlic and ginger.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Stove

Heat the vegetable oil in a pan over medium heat.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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### Step 4

Stove

Add the minced garlic and ginger to the pan and cook for 1 minute.

**Prep Time:** 0 mins

**Cook Time:** 1 mins

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### Step 5

Stove

Add the chicken strips to the pan and cook until browned and cooked through, about 5-7 minutes.

**Prep Time:** 0 mins

**Cook Time:** 7 mins

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## Step 6

Stove

Add the sliced bell peppers and onion to the pan and cook for 3-4 minutes, until slightly softened.

**Prep Time:** 0 mins

**Cook Time:** 4 mins

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## Step 7

Mixing

In a small bowl, mix together the soy sauce, fish sauce, oyster sauce, sugar, salt, and black pepper.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 8

Stove

Pour the sauce over the chicken and vegetables in the pan.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 9

Stove

Stir well to coat everything in the sauce and cook for an additional 2 minutes.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

## Step 10

Plating

Garnish with fresh cilantro and serve hot with rice or noodles.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 8 g

**Protein:** 30 g

**Carbohydrates:** 15 g

## Nutrition Facts

**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	3 g	7.89%	12%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	80 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	15 mg	0.44%	0.58%
Zinc	15 mg	136.36%	187.5%
Selenium	25 mcg	45.45%	45.45%

## Recipe Attributes

### Cuisines

Thai

Italian

Chinese

### Course

Side Dishes

Snacks

Sauces & Dressings

## Diet

Anti-Inflammatory Diet

## Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

## Kitchen Tools

Blender

Mixer

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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