Charlie’s Special

**Course** Main Course

**Cuisine** Thai

**Prep Time** 10 Minutes

**Cook Time** 10 Minutes

**Servings** 6-8

**Ingredients**

* 3 Tablespoons of coconut oil or Avocado oil.
* 10 cloves of garlic minced
* 4-6 Jalapenos cut into large slivers with seeds (this adds some kick depending on your jalapenos, seed them if you want it less spicy)
* 2 large yellow onions
* 16 oz. of sliced mushrooms
* 1-2 cans of bamboo shoots.
* 1-2 cups of shredded cabbage. Optional. This adds more nutrition to the dish
* 1lb. chicken chopped into small bite-size pieces
* 1 package of large precooked Shrimp. optional
* 2-3 tsp. of coconut aminos, or to taste. There is a link to buy this product.
* 2 Tablespoons of fish sauce, or to taste. There is a link to buy this product.
* 1 cup of fresh basil leaves. Or use ¼ cup of dried basil, soaked to soften

1 PREP

Finely chop or mince garlic, cut jalapenos into large slivers with seeds, chop yellow onions, slice mushrooms, and shred or finely cut cabbage. Cut up chicken in small bite size pieces. Thaw pre-cooked shrimp. Leave the fresh basil leaves whole. If you are using dried basil soak it in tap water for about 10 minutes. Pull off and discard any hard stems. Drain.

2 COOK CHICKEN

Heat a pan over medium heat for a few minutes until hot. Add 2 tablespoons of oil to coat the bottom. Add chicken to the pan, evenly distributing the meat. Cook until the chicken is done. Remove from pan and set aside leaving as much oil in the pan as possible.

3 COOK VEGETABLES

Add the other tablespoon of oil to the pan. Wait a few seconds for the oil to heat, then stir in the garlic, followed a few seconds later with the onion. Stir another 15 to 20 seconds an add the mushrooms, bamboo shoots, jalapenos, basil (if you are using dried basil if using fresh wait to add) and cabbage if you are adding cabbage. Stir fry until vegetables are soft.

4 ADD SAUCES

Sprinkle coconut amninos over the mixture and stir-fry for another 15-20 seconds. Season to taste with fish sauce, then stir in the fresh basil.

5 ADD CHICKEN AND SHRIMP

Add back the chicken and the thawed shrimp. Toss well. Stir-fry for another minute or until the basil is wilted

6 SERVE

Stir and transfer to a serving dish, or spoon directly over individual plates of plain seamed rice or cauliflower rice.

Substitute the chicken with pork or beef. This is also a good recipe to use when you have left over meat from another meal. Just cut leftover meat into small pieces and add to the recipe.