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Thai Beef Stir-Fry with Basil, Coconut Rice & Green Beans

Stir frying is one of the best techniques for putting dinner on the table in under 40 minutes. An aromatic combo of basil, garlic and green chilli gives this dish an intense flavour base. Served over fluffy coconut rice, this is a stir-fry you'll be asked to make again and again.



Prep: 10 mins
Cook: 30 mins
Total: 40 mins



level 1



gluten free



low sodium

Pantry Items



Water



Olive Oil



Coconut Milk



Jasmine Rice



Green Beans



Red Capsicum



Garlic



Green Chilli



Beef Mince



Thai Seasoning



Basil



Lemon

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2P	4P	Ingredients
½ tin	1 tin	coconut milk
¾ cup	1 ½ cups	water *
1 packet	2 packets	Jasmine rice, rinsed well
1 packet	2 packets	green beans, ends trimmed
1 tbs	2 tbs	olive oil *
1	2	red capsicum, thinly sliced
2 cloves	4 cloves	garlic, peeled & crushed
1	2	green chilli, deseeded & thinly sliced
1 packet	2 packets	beef mince
½ sachet	1 sachet	Thai seasoning
1 bunch	2 bunches	basil, leaves picked & torn
½	1	lemon, cut into wedges

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2710	Kj
Protein	38.5	g
Fat, total	24.4	g
-saturated	9.7	g
Carbohydrate	65.2	g
-sugars	4.5	g
Sodium	126	mg



You will need: sieve, chef's knife, chopping board, garlic crusher, medium saucepan with lid, oven tray lined with baking paper, medium frying pan, wooden spoon and fork.

1 Preheat the oven to **220°C / 200°C fan-forced**.

2 In a medium saucepan combine the **coconut milk** (remember to use the correct amount), **water** and a pinch of **salt**. Bring to the boil. Once boiling, add the **Jasmine rice**, cover and reduce to a simmer for **15 minutes**, or until tender. Set aside, covered.

3 Meanwhile, place the **green beans** on the prepared oven tray. Coat in half of the **olive oil**. Place the green beans in the oven and cook for **15 minutes**.

4 Heat the remaining olive oil in a medium frying pan over medium-high heat. Add the **red capsicum** and cook, stirring, for **5-6 minutes**, or until soft. Add the **garlic** and a bit of the **green chilli** (to taste) to the pan and cook, stirring, for **1-2 minutes**, or until soft and fragrant. Season with salt and **pepper**. Add the **beef mince** and **Thai seasoning** to the same pan and cook for **4-5 minutes**, breaking up the mince with a wooden spoon, until browned and cooked through. Season with salt and pepper. Remove the pan from the heat and stir in the torn **basil**.

5 To serve, fluff the coconut rice with a fork and divide between plates, top with the Thai beef and green beans. Garnish with a squeeze of **lemon**. Enjoy!

Did you know? The term “stir-fry” was first introduced to the English language in 1945 through Buwei Yang Chao’s book “How to Cook and Eat in Chinese”.

