

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



sodium

Pantry Items









Coconut Milk



Jasmine Rice





Red Capsicum













Beef Mince

2P	4P	Ingredients	
½ tin	1 tin	coconut milk	
3/4 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	
1/2	1	lemon, cut into wedges	#

+	Ingredient features				
	in another recipe				

Pantry Items

Pre-preparation

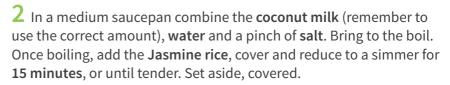
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Madridon per serve					
Energy	2710	Kj			
Protein	38.5	g			
Fat, total	24.4	g			
-saturated	9.7	g			
Carbohydrate	65.2	g			
-sugars	4.5	g			
Sodium	126	mg			



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.





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".