

# Ben's Original™/MC

Thai Basil Beef  
RECIPE

## Thai Basil Beef



**TIME** 20 min  
**INGREDIENTS** 11 items  
**MAKES** 4 servings

Flex your chef's muscle by tossing together a few pantry ingredients and combining with basil and beef on a bed of BEN'S ORIGINAL™ BISTRO EXPRESS™ Jasmine Coconut Flavour rice. And just like that: a savory Thai dish, ready in 20 minutes.

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## INGREDIENTS

- 2 pouches (each 240 g) BEN'S ORIGINAL™ BISTRO EXPRESS™ Jasmine Coconut Flavour

- 1 lb (500 g) Sliced beef
- 1 cup (250 mL) Diced onions
- 1 cup (250 mL) Diced peppers
- 2 tsp (10 mL) Minced garlic
- 1/2 cup (125 mL) Basil leaves
- Thai Basil Sauce:
  - 3 Tbsp (45 mL) Soy or fish sauce (reduced sodium)
  - 2 Tbsp (30 mL) Brown sugar
  - 3 Tbsp (45 mL) Lime juice
  - 1 tsp (5 mL) Lime zest
  - 2 tsp (10 mL) Chili garlic sauce
  - 1 1/2 cups (375 mL) Basil leaves

## INSTRUCTION

1. For Thai Basil Sauce: whisk together soy sauce, sugar, lime juice and zest, chili garlic sauce and 1 1/2 cups (375 mL) basil leaves.
2. Heat a large wok (at least 12"/30 cm) over medium-high heat. Add sliced beef and stir fry, breaking into smaller pieces until no longer pink.
3. Add vegetables and garlic and stir fry constantly moving the vegetables around the pan until tender-crisp.
4. Add BEN'S ORIGINAL™ BISTRO EXPRESS™ Jasmine Coconut Flavour. Stir fry for 1 minute.
5. Add Thai Basil Beef Sauce and 1 ½ cups/375 mL basil leaves and basil leaves have wilted.
6. Garnish with remaining basil leaves. Enjoy!

## NUTRITION

### DESCRIPTION AMOUNT PER SERVING

- Calories 476
- Carbohydrates (g) 57 g
- Dietary Fiber (g) 3 g
- Protein (g) 33 g
- Total Fat (g) 12 g
- Sodium (mg) 501 mg

## CATEGORIES :

[Beef](#), [less than 20](#), [Ready to Heat Rice](#)

## MORE RECIPES LIKE THIS



## **Cheesy One Pan Beef Enchilada Meal**

Cooking time

20 min

Ingredients

5 items



## **Chili Con Carne**

Cooking time

40 min

Ingredients

13 items



## **Korean Bibimbap**

Cooking time

40 min

Ingredients

17 items

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