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 combing 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

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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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