

Thai Basil Beef  
RECIPE

## Thai Basil Beef



<?xml version="1.0"?>

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<sup>TM</sup> BISTRO EXPRESS<sup>TM</sup> 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. 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. 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. 3  
Add vegetables and garlic and stir fry constantly moving the vegetables around the pan until tender-crisp.
4. 4  
Add BEN'S ORIGINAL™ BISTRO EXPRESS™ Jasmine Coconut Flavour. Stir fry for 1 minute.
5. 5  
Add Thai Basil Beef Sauce and 1 1/2 cups/375 mL basil leaves and basil leaves have wilted.
6. 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

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

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20 min

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5 items

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40 min

Ingredients

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Cooking time

40 min

Ingredients

17 items

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