



More than Food

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Vietnamese Beef Stir-Fry

with Basil, Coconut Rice, and Crispy Green Beans

Stir-frying is one of the best techniques for putting dinner on the table in under 30 minutes. An aromatic combo of basil, garlic, and serrano chili gives this dish an intense flavor base. Served over fluffy coconut rice, this is one stir-fry you'll want to make again and again.



30 min



level 1



nut free



gluten free



dairy free



Ground Beef



Scallions



Serrano Pepper



Basil



Garlic



Red Bell Pepper



Green Beans



Lime



Basmati Rice



Lite Coconut Milk

Ingredients

	2 People	4 People
Ground Beef	10 oz	20 oz
Scallions	2	4
Serrano Pepper	1	2
Basil	½ oz	1 oz
Garlic	2 cloves	4 cloves
Red Bell Pepper	1	2
Green Beans	4 oz	8 oz
Lime	1	2
Basmati Rice	½ cup	1 cup
Lite Coconut Milk	½ cup	1 cup
Oil*	2 t	4 t

*Not Included

Allergens

None

Tools

Small Pot,
Baking Sheet,
Large Pan

Nutrition per person Calories: 664 cal | Carbs: 54 g | Fat: 32 g | Protein: 35 g | Fiber: 6 g | Sodium: 269 mg

Make sure to wash and dry produce before prepping or cooking!



1 Make the **coconut rice**: preheat the oven to 400 degrees. Bring **½ cup coconut milk**, **½ cup water**, and a large pinch of **salt** to a boil in a small pot. Once boiling, add the **rice**, cover, and reduce to a simmer for 15 minutes, until tender.

2 Thinly slice the **scallions**, keeping the greens and whites separate. Core, seed, and remove the white ribs from the **bell pepper**, then thinly slice. Mince or grate the **garlic**. Thinly slice the **serrano pepper**, removing the seeds if you prefer less heat. Slice the **lime** into wedges. Tear the **basil leaves** into small pieces and discard the stems.

TIP: Make sure to thoroughly wash hands and surfaces after handling the **serrano pepper**. The heat is transferable and can burn more than just your throat!

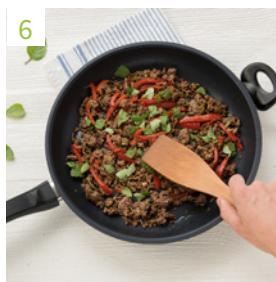
3 Toss the **green beans** on a baking sheet with **1 teaspoon oil** and a pinch of **salt** and **pepper**. Place in the oven for about 15 minutes, until soft and slightly caramelized.

4 Start the **stir-fry**: meanwhile, heat **1 teaspoon oil** in a large pan over medium-high heat. Add the **bell pepper** and cook, tossing for 5-6 minutes, until soft. Add the **scallion whites**, **garlic**, and a bit of **serrano pepper (to taste, it's spicy!)**, to the pan and cook, tossing for 1-2 minutes, until softened and fragrant. Season with **salt** and **pepper**.

5 Finish the **stir-fry**: add the **ground beef** to the pan and cook, breaking up the meat into pieces, until browned and cooked through. Season with **salt** and **pepper**.

6 Remove the pan from the heat and stir in the torn **basil leaves**.

7 Fluff the **coconut rice** with a fork and plate. Top with the **beef stir fry**, **green beans**, and **scallion greens**. Squeeze a **lime wedge** over top and enjoy!



Ruler

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