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Thai 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 a stir-fry you'll be asked to make again and again.

30 min

level 1

gluten free

dairy free



Ground Beef



Scallions



Serrano Pepper



Basil



Garlic



Red Bell Pepper



Green Beans



Lime




Basmati Rice



Thai Seasoning



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	6 oz	12 oz
Lime	1	2
Basmati Rice	¾ C	1½ C
Thai Seasoning 1)	1 t	2 t
Lite Coconut Milk 2)	¾ C	1½ C
Oil*	2 t	4 t

*Not Included

Allergens

- 1) Shellfish
- 2) Nuts

Tools

Small Pot, Baking Sheet, Large Pan

Ruler

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Nutrition per person Calories: 650 cal | Fat: 24 g | Sat. Fat: 11 g | Protein: 40 g | Carbs: 70 g | Sugar: 6 g | Sodium: 155 mg | Fiber: 7 g



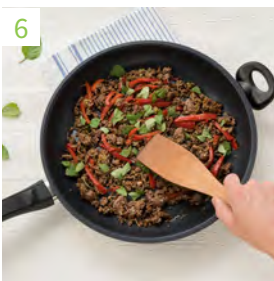
1 Prep the veggies: Wash and dry all produce. Preheat the oven to 400 degrees. Thinly slice the **scallions**, keeping the **greens** and **whites** separate. Core, seed, and remove the white ribs from the **bell pepper**, then thinly slice. Mince or grate the **garlic**. Thinly slice the **serrano pepper**, removing the seeds if you prefer less heat. Slice the **lime** into wedges. Tear the **basil leaves** into small pieces and discard the stems.



2 Make the coconut rice: Bring ¾ cup coconut milk, ¾ 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.



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



4 Cook the veggies: Meanwhile, heat a drizzle of 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) to the pan and cook, tossing for 1-2 minutes, until softened and fragrant. Season with salt and pepper.

5 Cook the beef: Add the ground beef and Thai seasoning to the same pan and cook, breaking up the meat into pieces, until browned and cooked through. Season with salt and pepper. Remove the pan from the heat and stir in the torn basil.

6 Finish and serve: Fluff the coconut rice with a fork. Plate on a bed of rice, and top with the Thai beef stir fry, crispy green beans, and reserved scallion greens. Squeeze a lime wedge over top and enjoy!