



NOV
2016

Thai Beef Stir-Fry

with Broccoli, Thai Basil and Coconut Rice

Stir-frying is one of the best techniques for putting dinner on the table in under 30 minutes. We're upping the ante by pairing a Thai beef stir-fry with some DIY coconut rice - you won't believe how easy it is to make!



Prep
30 min



level 1



dairy
free



Ground Beef



Green Onions



Coconut Milk



Thai Basil



Garlic



Red Bell
Pepper



Lime



Basmati Rice



Thai Seasoning



Broccoli



Fish Sauce

Ingredients

	2 People	4 People
Ground Beef	1 pkg (340 g)	2 pkg (680 g)
Green Onions	2	4
Coconut Milk	1 can	2 cans
Garlic	1 pkg (10 g)	2 pkg (20 g)
Thai Basil	1 pkg (7 g)	2 pkg (14 g)
Red Bell Pepper	1	2
Broccoli, florets	1 pkg (227 g)	2 pkg (454 g)
Lime	1	2
Basmati Rice	1 pkg (¾ cup)	2 pkg (1½ cups)
Thai Seasoning 	1)	1 pkg (2 tsp) / 2 pkg (4 tsp)
Fish Sauce	2)	½ bottle (1 tbs) / 1 bottle (2 tbs)
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Sesame/Sésame
- 2) Fish/Poisson

Tools

Medium Pot, Large Non-Stick Pan, Measuring Cup

Ruler

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Nutrition per person Calories: 829 cal | Fat: 40 g | Protein: 44 g | Carbs: 76 g | Fibre: 7 g | Sodium: 880 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Prep: Wash and dry all produce. Thinly slice the **green onions**. Mince or grate the **garlic**. Zest, then cut the **lime(s)** into wedges. Tear the **basil** into small pieces.



2 Cook the rice: Shake **coconut milk** before opening. In a medium pot, combine the **coconut milk** with **¾ cup water** (double for 4 people) and a pinch of **salt**. Bring to a boil over high heat. Reduce the heat to low, then add the **rice**. Cover and simmer until the rice is tender and all the liquid has been absorbed, 10-12 min.



3 Cook the broccoli: Meanwhile, heat a large non-stick pan over medium heat. Add a splash of **water**, then the **broccoli**. Cover and cook until tender-crisp 3-4 min. Remove to a plate. Drain the water.

4 Add a drizzle of **oil** to the same pan, then the **bell pepper, garlic** and **green onion**. Cook until veggies are tender-crisp, 1-2 min. Add the **ground beef** and **Thai seasoning**. Cook, stirring often, until no pink remains, 4-5 min. Stir in the **broccoli, fish sauce** and **lime zest**.



5 Finish and serve: Stir the **coconut rice** and fluff with a fork. Divide rice between plates, then top with the **Thai beef stir fry**. Sprinkle with **basil** and a squeeze a **lime wedge** over top. Enjoy!

NOTE: Due to the hurricane there is a green bean scarcity this week. So we've subbed broccoli for green beans. We're sorry that it doesn't match the photo but we hope you eat all of your greens anyway.

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