Thai-Style Beef Stir-Fry
with Basmati Rice

Basmati Rice

Garlic

Beef Strips

Carrot

Asian Greens

Coriander

Capsicum

Lime

Oyster Sauce

Sweet Chilli Sauce

Pantry items

Olive Oil, Soy Sauce, Honey

Hands-on: 20 mins
Ready in: 25 mins

This fast Thai-style meal gets its flavour from aromatic garlic and a sweet and savoury mix of sweet chilli, soy and honey. With zesty lime and fluffy basmati rice, this is a delicious combination just waiting for you to dive in!

You will need
Medium saucepan with a lid · Large frying pan

Ingredients

	4 People
olive oil*	refer to method
water* (for the rice)	3 cups
basmati rice	2 packets
garlic	4 cloves
beef strips	1 packet
soy sauce*	2 tbs
honey*	1½ tbs
carrot	2
Asian greens	2 bunches
coriander	1 bunch
capsicum	1
lime	1
water* (for the sauce)	½ cup
oyster sauce	1 packet (100g)
sweet chilli sauce	1 packet (100g)

* Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2580kJ (617Cal)	565kJ (135Cal)
Protein (g)	40.6g	8.9g
Fat, total (g)	7.7g	1.7g
- saturated (g)	3.1g	0.7g
Carbohydrate (g)	91.8g	20.1g
- sugars (g)	28.1g	6.2g
Sodium (g)	1980mg	434mg

Allergens

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1. Cook the rice

In a medium saucepan, add the **water (for the rice)** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

2. Add flavour to the beef

While the rice is cooking, finely chop the **garlic** (or use a garlic press). In a medium bowl, combine the **beef strips**, **soy sauce**, **honey** and **garlic**. Toss well to coat and set aside to marinate.

TIP: If you have time, marinate the beef for at least **15 minutes** to enhance the flavour and increase tenderness.

3. Get prepped

Thinly slice the **carrot** (unpeeled) into matchsticks (or half-moons, if you prefer). Roughly chop the **Asian greens**. Roughly chop the **coriander**. Cut the **capsicum** into 1cm chunks. Zest the **lime** to get **1 tsp**, then juice **1/2** the **lime**. Slice the **remaining lime** into wedges. In a small bowl, combine the **water (for the sauce)**, **lime juice**, **lime zest**, **oyster sauce** and **sweet chilli sauce**. Set aside.

4. Cook the carrot

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add the **carrot** and cook, stirring, until tender, **3-4 minutes**. Transfer to a plate and set aside.

TIP: Add a splash of water to the pan to help the carrot cook evenly.

5. Cook the beef

Return the frying pan to a high heat with a **drizzle** of **olive oil**. When the oil is hot, add **1/3** of the **beef strips** and cook, tossing, until browned, **1-2 minutes**. Transfer to a plate and repeat with the **remaining beef strips**. Return the **beef** to the pan with the **sweet chilli mixture**, **Asian greens** and cooked **carrot**. Bring to the boil and cook, stirring, until well coated and the Asian greens are tender, **1-2 minutes**.

TIP: Cooking the meat in batches over a high heat helps keep it tender.

6. Serve up

Divide the basmati rice between bowls and top with the Thai-style beef stir-fry. Garnish the adults' portions with the coriander and serve with the lime wedges.

Enjoy!

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