

Thai Basil Beef



SAUCE

Ingredients:

- 2 tbsp reduced sodium Soy sauce
- 2 tbsp Fish sauce
- 2 tbsp brown Sugar
- 1 tbsp Oyster sauce
- 1 tbsp Lime juice
- ½ tsp EACH ground Coriander, ground Ginger, white Pepper (may sub ¼ tsp black pepper)
- 1 tsp Asian Chili sauce like Sambal Oelek
- 1 tsp toasted Sesame oil
- 1 tsp Cornstarch

Directions:

Whisk the sauce ingredients together in small bowl, set aside.

STIR FRY

Ingredients:

- 1 tbsp vegetable Oil
- 1 lb lean ground Beef
- 6 cloves Garlic, minced
- 1-2 Jalapeños or Serrano chili peppers, sliced (see notes)
- ½ sweet Onion, thinly sliced
- 1 small Bell pepper, sliced
- 1 cup Thai basil leaves, picked off the stem (may sub regular basil)

Directions:

Heat vegetable oil in a wok or large cast iron skillet over medium-high heat.

Once the oil is hot and rippling, add the ground beef.

Break up the beef a little then flatten it against the pan; cook undisturbed for about 45 seconds.

The beef will start to sear, turn over once, press flat against the pan and cook for another 30 seconds, then crumble the meat into small pieces while cooking, drain excess grease.

(The beef will not be all the way cooked through at this point.)

Stir in the onion, bell pepper, chilies and garlic and stir fry for 2 minutes.

Give the sauce a stir to recombine then add to the skillet; stir fry for another 2 minutes.

Add the basil and cook until the beef is thoroughly cooked and onions are slightly tender or tender to your liking.

Serve over rice with additional chili sauce, peppers or lime if desired.