

MARLEY SPOON



Chilli Basil Beef

with Beans and Broccoli



20-30min



4 Portions

Bring the spicy aromatic flavours of Thailand to your table with this quick and easy beef stir-fry. We show you how to whip up this satisfying dinner complete with steamed rice, from prep to serving in 30 minutes flat. And we guarantee that it will be healthier and more delicious than any of your local takeaways.

What we send

- broccoli
- grass-fed beef stir-fry strips
- 2 garlic cloves, 2 long red chillies, Thai basil and ginger
- fish sauce ⁴
- green beans
- jasmine rice

What you'll require

- sea salt flakes
- soy sauce ⁶
- sugar
- vegetable oil
- water
- white vinegar

Utensils

- medium saucepan
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Fish (4), Soy (6). May contain traces of other allergens.

Nutrition per serving

Energy 615.0kcal, Fat 14.7g, Proteins 43.8g, Carbs 72.7g



1. Cook rice

Rinse the **rice** well in a sieve under water. Add to a medium saucepan with the **water** (see staples list) and cover with a lid. Bring to a simmer over medium heat, then reduce heat to low and cook for 12 mins or until water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



2. Prepare ingredients

While rice is cooking, thinly slice the **garlic**. Peel and finely grate the **ginger**. Finely chop the **chillies**, removing the seeds if less heat is desired. Pick the **basil** leaves. Combine the **fish sauce**, **vinegar**, **soy sauce** and **sugar** in a bowl, stirring until the sugar dissolves.



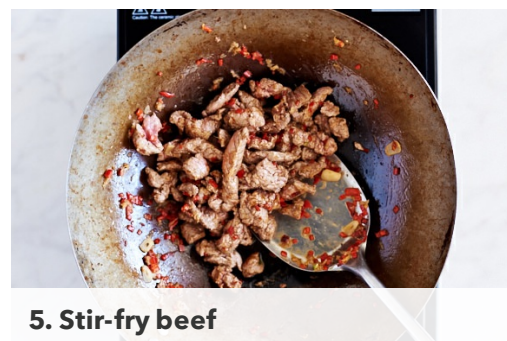
3. Prepare vegetables

Trim the **green beans** and cut into 3cm lengths. Trim the **broccoli**, then cut into florets and thickly slice the stem.



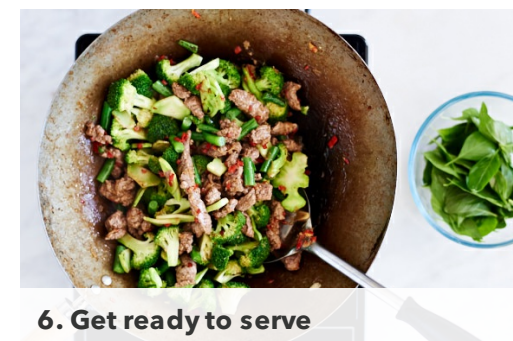
4. Stir-fry vegetables

Heat **half the oil** in a wok or large deep frypan over medium-high heat. Stir-fry the **green beans** and the **broccoli** with **2 tbs water** for 2-3 mins until bright green and just tender. Drain well and set aside.



5. Stir-fry beef

Heat the **remaining oil** over high heat. Stir-fry the **garlic**, **ginger** and **chillies** for 30 secs or until fragrant. Add the **beef** and stir-fry for 1-2 mins until browned.



6. Get ready to serve

Return the **vegetables** to the pan with the **fish sauce mixture** and most of the **basil**. Stir-fry for 1 min or until the vegetables are heated through. Scatter over the **remaining basil** and serve with the **rice**.