



GROUND BEEF WITH THAI BASIL

Main Ingredients

- 1 tablespoon* fresh garlic, peeled, coarsely chopped
- 1½ tablespoons* long red or bird's eye chilli, coarsely chopped
- 2 tablespoons* neutral oil for stir frying
- 2 tablespoons* vegetable stock or water
- 300 grams* coarsely ground chuck beef
- ½ cup* bamboo shoot strips, drained
- ¼ cup* red capsicum, thinly sliced diagonally
- ½ cup* green or snake beans, cut into 4cm pieces
- as much as you like* } fresh bai horapa Thai basil leaves

Stir Fry Sauces

- 1½ tablespoons* Thai oyster Sauce, Mega Chef brand
- 1½ tablespoons* Thai seasoning Sauce, Golden Mountain brand
- 1½ tablespoons* kecap manis caramelised dark soy sauce

METHOD

1. Add chillies into a mortar and pound furiously with the pestle for a few moments. Add the garlic and continue to pound the ingredients together until a chunky paste is formed.
2. In a well-seasoned wok, begin with a neutral oil over a low heat, gently adding the garlic and chilli paste. Fry briefly until fragrant, but don't allow it to colour.
3. Return to a medium heat before adding bamboo shoots. Stir through the bamboo shoots, and follow quickly with the ground beef, tossing through until just cooked.
4. Add stock and stir fry sauces to the wok, allowing a brief simmer to form before adding green beans and capsicum.
5. Increase to a high heat and toss enthusiastically for a few seconds. Fold the fresh basil through the stir fry, removing the wok from the heat as soon as the basil has wilted.
6. Dish up immediately with a handful of basil leaves, a fried egg or two on steamed rice and a side bowl of sliced chilli in fish sauce for a little extra excitement.

Serves 2

Cooking Time: 20 minutes