

Idiot's Kitchen Recipe – Thai Beef Rice Bowls

Recipe from idiotskitchen.com – Adapted from Bon Appétit, Shutterbean, and Me



Ingredients:

2 Tablespoons olive oil, divided
4-6 cloves garlic, thinly sliced
1 jalapeño pepper, finely chopped
1 pound lean ground beef
1/2 cup chicken broth (low sodium preferred)
2 Tablespoons Asian fish sauce, divided
2 limes
2-3 cups fresh basil, divided
1/2 cup bell pepper, finely chopped (any color...red, yellow, or orange)
1 cup carrots, matchstick cut or julienned
1/2 cup cilantro, leaves roughly chopped
1/2 cup mint, leaves roughly chopped
2 Tablespoons Tamari (for gluten free) or Soy Sauce
1 teaspoon sugar
Salt & Pepper
Sriracha Sauce (optional)
1 cup long grain white rice cooked in 2 cups water.

Plan ahead and start the rice first. Cook 1 cup of long grain rice in 2 cups of water in a rice cooker or on the stove in a pan. The rice will take about 20 minutes which will be ample time to prepare the other ingredients.

Heat 1 Tablespoon of olive oil in a large skillet over medium high heat. Add 4-6 cloves of sliced garlic and 1 chopped jalapeno and cook for 30-60 seconds. Do not let the garlic brown. Add 1 pound of lean ground beef and turn the heat up to high. Use a spatula to break the beef into small bits and to incorporate the garlic and jalapeno. Cook the beef until nicely browned and no longer pink, about 5 minutes.

Add 1/2 cup of chicken broth, 1 Tablespoon of fish sauce, and 3/4 of the pile of basil leaves to the pan. (Save a little basil to use in the carrot slaw topping.) Cook 2-3 minutes until the basil has

wilted and most of the liquid has been absorbed then squeeze in the juice of ½ lime, season with salt & pepper, and turn to low or warm to hold the beef until the other ingredients are ready.

In a medium bowl, combine 1 cup of matchstick sliced carrots, ½ cup cilantro, ½ cup mint, and the reserved chopped basil. Add 1 Tablespoon olive oil, the juice of ½ a lime, and a pinch of salt & pepper. Toss to coat.

In a small bowl, combine 2 Tablespoons Tamari/Soy Sauce, 1 Tablespoon Asian fish sauce, the juice of 1 lime, and 1 teaspoon sugar. Stir to combine and dissolve the sugar. Add 1 Tablespoon of this soy dressing to the carrot slaw and toss to combine.

Assemble by placing ¼ of the cooked rice in the bottom of each bowl. Add a generous scoop of the beef and top with the chopped bell peppers. Pour a little (about 1 Tablespoon) of the soy dressing over each bowl. Top with a generous heap of the carrot slaw.

Serve the remaining soy dressing and Sriracha Sauce on the side for extra flavor and spice.

Feel free to adapt the vegetables and herbs to what is fresh and in season. Good additions would be edamame, green onions (in the original recipe), and sprouts.

Makes 4 moderate servings or 3 larger, dinner sized servings. Good leftover as a cold salad.