



aprons

Thai Beef with Carrot-Basil Salad



INGREDIENTS

- 1/4 bunch fresh cilantro leaves, coarsely chopped
- 1 (0.75-oz) bag fresh basil, coarsely chopped and divided
- 2 limes, for juice
- 3 tablespoons canola oil, divided
- 1 lb ground chuck beef
- 2 teaspoons sugar
- 1/2 teaspoon kosher salt
- 2 teaspoons minced garlic
- 1/2 teaspoon crushed red pepper
- 1/2 cup clam juice
- 2 tablespoons reduced-sodium soy sauce
- 1 (8.5-oz) package precooked jasmine rice
- 2 cups matchstick carrots
- 1/2 cup presliced green onions

STEPS

1. Remove cilantro leaves from stems, then chop (1/4 cup). Chop basil (about 3/4 cup). Squeeze limes for juice (4 tablespoons).
2. Preheat large sauté pan on medium-high 2–3 minutes. Place 1 tablespoon oil in pan, then add beef; brown 4–5 minutes, stirring to crumble, and until no pink remains. Meanwhile, combine 2 tablespoons lime juice, sugar, salt, garlic, red pepper, clam juice, and soy sauce.
3. Drain beef, then return to pan; add lime juice mixture. Cook and stir 2 minutes or until liquid is reduced by about one-half and mixture thickens. Remove pan from heat; stir in 1/2 cup basil. Prepare rice following microwave package instructions.
4. Combine remaining 1/4 cup basil, cilantro, carrots, and green onions. Whisk remaining 2 tablespoons each lime juice and oil; toss with carrot mixture until evenly coated. Serve beef mixture over rice; top with carrot mixture.

NUTRITIONAL INFORMATION

CALORIES (per 1/4 recipe) 460kcal; FAT 26.00g; SAT FAT 6.00g; TRANS FAT 0.50g; CHOL 70mg; SODIUM 600mg; CARB 33g; FIBER 2.00g; SUGARS 6g; PROTEIN 24g; CALC 4%; VIT A 220%; VIT C 25%; IRON 15%