



THAI

Thai Basil Beef (Pad Kra Pao Neua)

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	3	15 min	10 min	Stir-fry	Ground beef

Ingredients

- 400 g (14 oz) ground beef
- 2 tbsp vegetable oil
- 5 cloves garlic, roughly chopped
- 3 to 6 Thai bird's eye chillies (or 2 to 3 serrano), roughly chopped
- 1 shallot, thinly sliced
- 100 g (3½ oz) green beans, cut into 2 cm (¾ in) pieces
- 1 tbsp oyster sauce
- 1 tbsp light soy sauce
- 1 tsp dark soy sauce (or regular soy sauce + ¼ tsp brown sugar)
- 1 tsp fish sauce
- 1 tsp sugar
- 2 tbsp water
- 1 large handful (about 30 g) Thai holy basil leaves (or Thai sweet basil or Italian basil)
- 3 eggs, for frying
- Steamed jasmine rice, to serve

Steps

1. Pound or chop the garlic and chillies together into a rough paste. Stir the oyster sauce, both soy sauces, fish sauce, sugar and water in a small bowl.
2. Heat a wok or large skillet over high heat until it begins to smoke lightly. Add 1 tbsp oil.
3. Add the garlic and chilli paste and stir-fry for 15 seconds until fragrant but not burnt.
4. Add the beef and press it flat. Leave it for 1 minute to brown, then break it up and stir-fry for 2 to 3 minutes until no pink remains and the edges are crisp.
5. Add the shallot and green beans and toss for 2 minutes until the beans are bright green and just tender.
6. Pour in the sauce and toss for 1 minute until it clings to the meat and the pan is nearly dry. Check that the beef has reached 71°C (160°F) or has no pink left.
7. Turn off the heat and fold in the basil until just wilted, about 10 seconds.
8. Fry the eggs in the remaining oil in a separate pan over medium-high heat for 2 minutes until the whites are crisp and the yolks runny. Serve the beef over rice, topped with an egg.

Notes

- **Heat:** start with 3 chillies and add more if you like it fiery.
- **Basil:** holy basil is peppery and traditional; Italian basil is a weak but acceptable substitute.
- **Other cuts:** hand-chopped flank or sirloin is excellent here.
- **Pair with:** a few slices of cool cucumber alongside the rice.