



Thai Basil Beef



prep time
10 minutes



total time
20-25 min



servings
3-4

Ingredients

- 1.5 lbs./675 grams flank steak
~ 21 servings of protein
- 2 tbsp. + 1 tsp. avocado or olive oil
~ 2 1/3 servings of fat
- 2 tsp. Almond flour ~ 2/3 fat serving
(can sub ArrowRoot here)
- salt and pepper, to taste
- 1/2 white onion, very thinly sliced
~ 1 veggie serving
- 1 red bell pepper, seeds/core removed
and very thinly sliced ~ 1 veggie serving
- 4 cloves garlic, minced
- 1-2 thai chiles, very thinly sliced (or sub
for 1/4 tsp. crushed red pepper flakes)
- 1/4 cup coconut aminos
- 1 tbsp. red boat fish sauce
- 1 cup thai or regular basil, packed
cilantro, for serving ~ 1 veggie serving

Instructions

- 1 Using a meat mallet or the bottom of a skillet, pound out the flank steak to help tenderize and thin it out a bit (optional). Aim for about 1/2 inch thick.
- 2 Using a very sharp knife, carefully slice the meat against the grain as thinly as possible. For the really long strips of meat, cut them in half lengthwise to make them a bit more bite sized.
- 3 Place sliced steak in a bowl + season with kosher salt and pepper, to taste. Add 1 tsp. oil and 2 tsp. of almond flour. Toss to coat evenly.
- 4 Heat a skillet over high heat. Add 2 tbsp. oil and when hot, sear the meat on both sides until golden brown, about 2-3 minutes per side. Be careful not to overcrowd your pan. You want each piece to get a good sear for the best results. As they are done, set the browned pieces aside on a plate.
- 5 In the same skillet, reduce the heat to medium. Add the onions, garlic, bell peppers, and thai chiles and season with a little salt and pepper. Saute until the onions are very tender, about 5-7 minutes.
- 6 Add the Beef back into the skillet.
- 7 Add the coconut aminos and the fish sauce. Let simmer until the sauce reduces and thickens, about 2-3 minutes.
- 8 Add the basil. Remove from heat and toss the basil into the hot stir fry until just wilted.
- 9 Serve immediately with rice (optional) and garnish with cilantro!



Whole Recipe Breakdown:

21 Servings Protein
0 Servings Carb
3 Servings Fat
3 Servings Veggies