

## Thai Basil



10 minutes





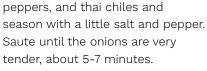
## Ingredients

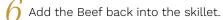
- 1.5 lbs./675 grams flank steak ~ 21 servings of protein
- 2 tbsp. + 1 tsp. avocado or olive oil ~ 2 1/3 servings of fat
- 2 tsp. Almond flour ~ 2/3 fat serving (can sub ArrowRoot here)
- salt and pepper, to taste
- 1/2 white onion, very thinly sliced ~ 1 veggie serving
- 1 red bell pepper, seeds/core 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

- 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.
- 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.
- 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.
- 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.

In the same skillet, reduce the heat to medium. Add the onions, garlic, bell





Add the coconut aminos and the fish sauce. Let simmer until the sauce reduces and thickens, about 2-3 minutes.

and toss the basil into the hot stir

Serve immediately with rice (optional) and garnish with cilantro!

Add the basil. Remove from heat

fry until just wilted.

Whole Recipe Breakdown:

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





