

Thai Beef Bowl with Coconut Rice: My Favorite 30-Minute Dinner

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TIME
30 min

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INGREDIENTS

For the Beef Bowl:

- 1 lb sirloin steak, thinly sliced
- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 1 red bell pepper, thinly sliced
- 1 cup broccoli florets
- 1/4 cup soy sauce
- 2 tablespoons brown sugar
- 1 tablespoon rice vinegar
- 1 teaspoon sesame oil
- 1/2 teaspoon red pepper flakes (adjust to taste)

For the Coconut Rice:

- 1 cup long-grain white rice, rinsed
- 1 cup full-fat coconut milk
- 1 cup water
- 1/2 teaspoon salt

Garnish:

- Sliced green onions
- Chopped fresh cilantro
- Lime wedges

Swaps and Notes:

Beef: Sirloin steak is a great choice here because it's a tender cut that cooks quickly. You can also use flank steak or a different cut of beef, but you may need to adjust the cooking time.

Vegetables: Feel free to use your favorite vegetables here! Sliced carrots, snow peas, or mushrooms would all be delicious.

Red Pepper Flakes: You can adjust the amount of red pepper flakes to your desired level of heat.

Rice: The coconut rice is a key part of this dish! It adds a fantastic flavor and texture. You can also serve the beef over a bed of plain rice or noodles.

Soy Sauce: Low-sodium soy sauce is a great option if you're watching your salt intake.

Step-by-Step Instructions:

Start the Rice: In a medium saucepan, combine the rinsed rice, full-fat coconut milk, water, and salt. Bring to a boil, then reduce the heat to low, cover with a tight-fitting lid, and let it simmer for 15-20 minutes, or until all the liquid has been absorbed. Do not lift the lid during this time!

Make the Beef Bowl: While the rice is cooking, in a large skillet or wok, heat the vegetable oil over medium-high heat. Add the thinly sliced beef and cook for 3-4 minutes until it's browned. Remove the beef from the skillet and set it aside.

Sautø the Veggies: Add the minced garlic, grated ginger, sliced red bell pepper, and broccoli florets to the skillet. Cook for 5-7 minutes, stirring occasionally, until the vegetables are crisp-tender.

Create the Sauce: In a small bowl, whisk together the soy sauce, brown sugar, rice vinegar, sesame oil, and red pepper flakes.

Combine Everything: Add the cooked beef back to the skillet with the vegetables. Pour the sauce over everything and stir until well combined. Bring it to a simmer, then reduce the heat to low and let it cook for 2-3 minutes, until the sauce has thickened and coated the beef and vegetables.

Serve: Once the rice is done, fluff it with a fork. Serve the beef and vegetable mixture immediately over a bed of the coconut rice. Garnish with sliced green onions, chopped fresh cilantro, and a squeeze of fresh lime juice.

Tips for Success:

DIRECTIONS

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6. **Serve:** Once the rice is done, fluff it with a fork. Serve the beef and vegetable mixture immediately over a bed of the coconut rice. Garnish with sliced green onions, chopped fresh cilantro, and a squeeze of fresh lime juice.
7. **Tips for Success: Rinse the Rice:** Rinsing the rice is a crucial step for a fluffy, non-gummy finished product.

8. Don't : Overcook the Beef: Sirloin steak cooks quickly! Watch it carefully to keep it from getting tough.
9. Don't : Crowd the Pan: Cook the beef in a single layer to ensure it gets a beautiful brown crust.
10. Rest the : Rice: Letting the rice rest for a few minutes after cooking is a non-negotiable step for achieving a perfect, fluffy texture.
11. Serving Suggestions and Pairings: This Thai Beef Bowl with Coconut Rice is a complete meal on its own. You can serve it with a simple side salad to add some freshness, or some extra steamed vegetables. The savory and spicy flavors would also go great with other hearty, comforting meals like this Mexican Chicken and Rice Casserole or a simple Cajun Chicken Sausage Gumbo.
12. Nutritional Information (per serving, approximate):
Calories: 550 kcal
13. Carbohydrates: 60g
14. Protein: 35g
15. Fat: 20g
16. Saturated : Fat: 10g
17. Cholesterol: 70mg
18. Sodium: 900mg
19. Fiber: 4g
20. Sugar: 10g
21. Disclaimer: Nutritional values are estimates and can vary based on specific ingredients and portion sizes.
22. Storage and Leftover Tips: Leftovers of this dish are fantastic! Store them in an airtight container in the refrigerator for up to 3 days. To reheat, you can warm them gently in a skillet on the stovetop or in the microwave. The sauce might thicken, so you may need to add a splash of water or broth.
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24. These : Easy Turkey Wings are my favorite comfort food for lazy Sundays
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SWAPS & NOTES

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TIPS FOR SUCCESS

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