

Thai Basil Beef & Mushroom Bowls

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Gather & Feast

Here's a go-to quick and easy dinner that has a little bit of everything. This versatile recipe combines finely diced Swiss Brown and Button mushrooms with beef mince. If you prefer, you can swap it out for chicken or turkey mince, resulting in a comforting and satisfying meal that's full of flavour, thanks to aromatics like garlic, ginger, and fresh Thai Basil. The fresh crunch of the vibrant salad serves as the ideal refreshing side to the beef and mushroom mix. Paired with the rice, you have the perfect healthy, filling, and veggie-packed dinner, featuring a delightful blend of Thai-inspired flavours.

SERVES 4-6 | **PREP TIME** 15 minutes | **COOK TIME** 30 minutes | **TOTAL TIME** 45 minutes

INGREDIENTS

Thai basil beef and mushroom

- 2-3 tablespoons extra virgin olive oil
- 500g Swiss Brown and Button mushrooms, finely diced
- 500g beef mince
- 5 cloves garlic, finely sliced
- 1-inch piece fresh ginger, about 2 tablespoons freshly finely grated
- Pinch of chili flakes, optional
- 2 tablespoons tamari
- 1 tablespoon fish sauce
- 1 tablespoon rice wine vinegar
- 1 1/2 tablespoons honey
- Lots of freshly cracked black pepper
- Leaves of 1 bunch fresh Thai basil
- Leaves of 1 bunch fresh basil

Salad

- 1 large carrot, peeled into ribbons or very thinly sliced
- 2 small Lebanese cucumbers, peeled into ribbons or very thinly sliced
- 4 spring onions/scallions, thinly sliced
- Small handful of fresh basil leaves (from the bunch above)



- Small handful of fresh Thai basil leaves (from the bunch above)
- 1 teaspoon toasted sesame oil
- 1 tablespoon rice wine vinegar
- Pinch of sea salt to taste

To serve

- Steamed jasmine rice
- Roasted peanuts (optional)

METHOD

Thai basil beef and mushroom

1. Place a large fry pan over medium to high heat.
2. Add the finely chopped mushrooms and sauté in 1-2 tablespoons of olive oil with a generous pinch of salt.
3. Once cooked and slightly golden, remove from the pan into a bowl and set aside.
4. In the same pan, add a little extra olive oil and the beef mince.
5. Sauté on medium to high heat until almost cooked; when almost cooked, add the garlic, ginger, and chili (if using).
6. Sauté until the beef mince is cooked through.
7. Turn the heat down to medium-low, add the cooked mushrooms back in and stir to combine.
8. Now add the tamari, fish sauce, rice wine vinegar, honey, and a generous amount of freshly cracked black pepper; stir to combine.
9. Add the fresh Thai basil and basil leaves; once the herbs are just wilted, remove from the heat.

Salad

1. Combine the carrot, cucumber, spring onions, fresh Thai basil, and basil together in a medium-sized bowl.
2. Just before serving, add a pinch of salt, toasted sesame oil, and rice wine vinegar.
3. Toss to combine and serve immediately.

To serve

1. Serve the Thai basil beef and mushroom mixture over steamed jasmine rice with a pile of the fresh salad on the side. Top with roasted peanuts (optional) and enjoy!

NOTES

You can opt for your favourite mushroom varieties in this recipe, either using a mix or sticking to one type.

This dish also works well with ground chicken or turkey if you prefer them over beef mince.

Any remaining beef and mushroom mixture can be stored in an airtight container in the fridge for up to 3 days. Alternatively, it freezes exceptionally well, making it ideal for meal prepping.

I've combined Thai basil and basil leaves for this recipe, but if Thai basil is unavailable, regular basil works just as well, providing a similar flavour. Nevertheless, if you have access to Thai basil, I highly recommend adding it as per the recipe—it's truly delicious and happens to be one of my favourite herbs.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/thai-basil-beef-mushroom-bowls>

Let me know if you make the recipe! x **@gatherandfeast**