

Home Cooking



Beef & Broccoli Stir-Fry with Green Curry

Makes: 6 - 1 cup (250ml) servings

INGREDIENTS

1 large bunch broccoli (about 1 lb / 500 g)	1 tbsp (15 mL) minced fresh ginger root
2 tbsp (30 mL) vegetable oil	1 cup (250 mL) Thai Kitchen coconut milk
1 lb (500 g) boneless beef (sirloin), sliced into strips	1 cup (250 mL) beef stock or water
1 cup (250 mL) diced onion	1 tbsp (15 mL) Thai Kitchen green curry paste
1/2 cup (125 mL) diagonally sliced green onion	1 tbsp (15 mL) Thai Kitchen fish sauce
1 tbsp (15 mL) minced fresh garlic	1 tbsp (15 mL) lime juice
	1/2 cup (125 mL) julienned fresh basil leaves

DIRECTIONS

Slice broccoli stalks from florets. Cut florets into small chunks. Peel stalks and cut into small chunks. Set aside.

Meanwhile, heat vegetable oil in a large wok or skillet over high heat. Brown beef quickly for 1 minute. Remove and set aside. Drain excess oil from pan, but do not clean.

Reduce heat to medium. Add onions, garlic and ginger. Stir-fry for 4 minutes or until onions are soft.

Add coconut milk, stock, green curry paste, fish sauce and lime juice. Bring to a boil. Simmer for

6 minutes.

Add prepared broccoli and simmer for another 3 minutes.

Return beef to the wok. Add basil and cook for 1 minute to heat through, stirring constantly.

Serve over Thai Kitchen Jasmine Rice.



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Material Deadline: Wed 10:00 am

FINAL CHANGES:
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Thank You **The Canadian Champion**

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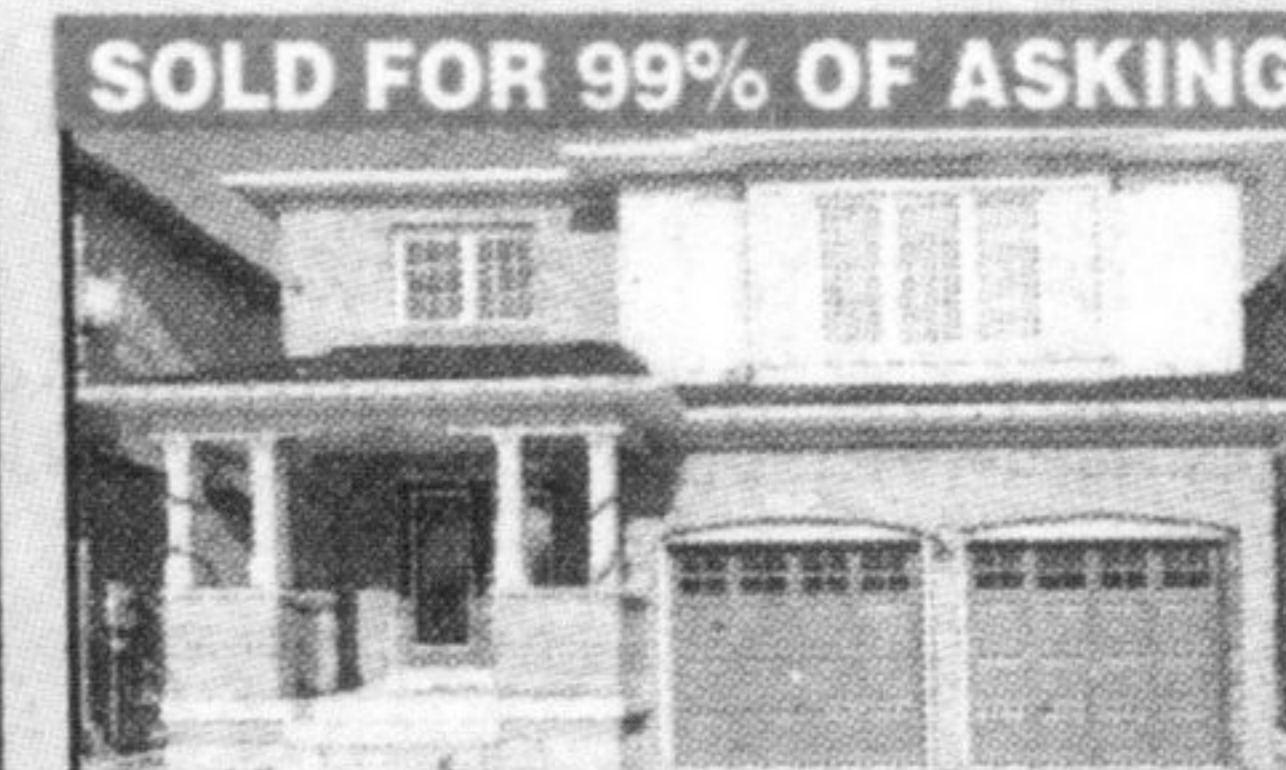
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DETACHED ABSOLUTE DOLL HOUSE! \$225,000 - Right out of a magazine! Move in cond. 1400 sq ft. Bright sunny home with fully fenced, huge backyard. Large high & dry bas't, 4 appl's, convenient location. Catherine Garant 905-878-9100



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GREAT LOCATION \$1,400/MONTH Located at the foot of the excavation this Ashberry Townhome is equipped with 5 appliances, large living/dining rm area, kitchen w/breakfast bar, broadloom throughout. For more information, please contact Joe Taglieri (905) 878-9100



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BRIGHT, SPACIOUS TOWNHOME \$209,900
OPEN HOUSE: Saturday, April 18, 2-4pm
Sunday, April 19, 2-4pm
318 LAURIER AVE UNIT #64
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ALDERSHOT LOCATION \$221,900 This three bedroom townhouse is steps to the lake, finished rec room with entrance from garage end unit, private fully fenced yard, eat-in kitchen, well decorated and lots more, call Joan Hollings (905) 878-9100



RESIDENTIAL OR COMMERCIAL! \$449,876 Great value for investors or business users. Close to Hwy. 401 and situated on Main Street in Campbellville. To see a virtual tour and all details visit www.JoePecharich.com. Joe Pecharich 905-878-9100



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