



SERVING SIZE: 4 | PREP TIME: 15 MINUTES | COOK TIME: 3 HOURS

Coconut Milk Braised Beef Short Ribs With Rice and Sautéed Vegetables

Take your taste buds on an adventure with a dish that's layered with flavor.

INGREDIENTS:

Coconut Milk Braised Beef Short Ribs

4 lb beef short ribs
1 Tbsp olive oil
2 tsp kosher salt
1 tsp fresh cracked black pepper
8 oz carrot, chopped
8 oz onion, chopped
6 oz celery, chopped
3 Tbsp red curry paste
2 cans (13.5 oz each) coconut milk,
1 cup beef stock
½ cup prepared kimchi
4 lime wedges
¼ cup Thai basil

INGREDIENTS:

Jasmine Rice, Baby Bok Choy and Enoki Mushrooms

3 cups chicken stock
¼ tsp kosher salt, divided
½ tsp butter
2 cups jasmine rice
2 tsp olive oil
2 tsp sesame oil
1 Tbsp minced ginger
2 tsp minced garlic
2 tsp minced shallot
6 oz baby bok choy, quartered
1 ½ cup enoki mushrooms
3 oz red bell pepper, sliced
2 tsp soy sauce
⅛ tsp red pepper flakes
1 Tbsp sliced scallions
½ tsp toasted sesame seeds
½ oz jalapeno, thinly sliced
½ Tbsp fried garlic slices

DIRECTIONS:

1. Preheat oven to 350°F.
2. In large oven-safe saucepan, heat olive oil over medium-high heat.
3. Sprinkle short ribs with salt and pepper; sear 3 to 4 minutes per side until browned.
4. Remove ribs from saucepan; set aside. Pour off fat. Add carrots, onions, celery and curry paste to saucepan; cook 4 minutes, stirring constantly.
5. Stir in coconut milk and beef stock deglazing pan.
6. Return ribs to saucepan; cover with a tight-fitting lid and bake 3 hours.
7. Remove ribs from saucepan; strain braising liquid and defat it.
8. Serve ribs with braising sauce, kimchi, lime wedges and Thai basil.
9. **For Jasmine Rice, Baby Bok Choy and Enoki Mushrooms:** In medium saucepan, boil chicken stock, butter and ½ teaspoon salt; stir in rice. Reduce heat to low; cover pan and simmer rice 12 to 15 minutes or until tender.
10. In medium-large saute pan, heat olive oil and sesame oil over high heat.
11. Add ginger, garlic and shallot; cook 1 minute or until tender.
12. Stir in bok choy, mushrooms and red peppers; saute 4 to 5 minutes stirring constantly.
13. Add soy sauce, red pepper flakes and remaining ¼ teaspoon salt.
14. Portion rice into bowls; top with sauteed vegetables.
15. Garnish with scallions, sesame seeds, jalapeno slices and fried garlic. Serve immediately.

SERVINGS: 4 | CALORIES: 1260 | TOTAL FAT: 73g | SODIUM: 2610mg | TOTAL CARBOHYDRATE: 101g | PROTEIN: 55g

*Minimally processed. No artificial ingredients.

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