



HEALTHY THAI RED BEEF CURRY RECIPE

☰ Prep: 10 mins
🕒 Cook: 20 mins
🍴 Serves: 2
★ ★ ★ ★ ☆



Ingredients

- ▲ 2/3 cup rice (uncooked)
- ▲ spray olive or canola oil spray
- ▲ 200 g lean beef, sliced into strips
- ▲ 1/2 onion, chopped
- ▲ 2 tsp red curry paste
- ▲ 250 g pumpkin, peeled, seeded and diced
- ▲ 1/2 capsicum, seeded and diced
- ▲ 1 x 165 g can reduced-fat coconut milk
- ▲ 1/2 lemon, zest and juice
- ▲ 2 cups baby spinach leaves

Method

1. Cook rice following packet directions.
2. Heat oil in a large frypan and cook beef for 2-3 minutes until the outside is browned.
3. Add onion and cook for another 2-3 minutes, until it starts to soften.
4. Stir in the curry paste, pumpkin and capsicum and simmer for 10 minutes until pumpkin is soft, adding a little water if necessary.
5. Pour in coconut milk and lemon rind and stir through spinach and cook until wilted.
6. Serve curry over rice with a wedge of lemon, if desired.

Comment: *To make sure this dish is gluten free and seafood free, check the curry paste as these often contain both.

Variation: For a green chicken curry, swap the beef for chicken and use green curry paste instead of red.

Serving Suggestion: To cook in the slow cooker, complete up to step 4, adding about 1/2 cup water. Add coconut milk, lemon and spinach just before serving.

Nutrition Information

	per serving	per 100g
Energy	2116 kJ	382 kJ
Protein	32 g	6 g
Fat, total	10 g	2 g
— saturated	6 g	1 g
Carbohydrate	67 g	12 g
— sugars	13 g	2 g
Sodium	366 mg	66 mg
Fibre	10 g	2 g