

# HEALTHY THAI RED BEEF CURRY RECIPE



☰ Prep: 10 mins  
🕒 Cook: 20 mins  
🍴 Servings: 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
<b>Energy</b>	2116 kJ	382 kJ
	506 Cal	91 Cal
<b>Protein</b>	32 g	6 g
<b>Fat, total</b>	10 g	2 g
— saturated	6 g	1 g
<b>Carbohydrate</b>	67 g	12 g
— sugars	13 g	2 g
<b>Sodium</b>	366 mg	66 mg
<b>Fibre</b>	10 g	2 g