

# UCCOOK

## Balti Beef Curry

**with green beans, spinach, & brown basmati rice**

Found on menus around the world, this Pakistani-Kashmiri-inspired dish features pan-fried green beans with seared beef strips & earthy spinach, which are simmered in a rich tomato sauce with a beautiful balti curry paste. Served with brown basmati rice.

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Suné van Zyl

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**\*New Calorie Conscious**

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## Ingredients & Prep

50ml	Brown Basmati Rice <i>rinse</i>
100g	Green Beans <i>rinse</i>
150g	Beef Schnitzel (without crumb)
1	Garlic Clove <i>peel &amp; grate</i>
10ml	Spice & All Things Nice Balti Curry Paste
100g	Cooked Chopped Tomato
50g	Spinach <i>rinse &amp; roughly shred</i>
3g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Sugar/Sweetener/Honey (optional)

**1. READY THE RICE** Place the rinsed rice in a pot with 150ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

**2. ABOUT THE BEANS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the rinsed green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, season, and cover.

**3. SEAR THE STRIPS** Return the pan to high heat with a drizzle of oil. Pat the schnitzel dry with paper towel and cut into 1cm strips. When hot, sear the strips until lightly charred, 20-30 seconds. Remove from the pan and set aside.

**4. HURRY WITH THE CURRY** Return the pan with all the pan juices to medium heat. When hot, fry the grated garlic and the curry paste until fragrant 1-2 minutes. Mix in the cooked chopped tomato and 150ml of water. Simmer until thickening, 10-12 minutes. In the final 1-2 minutes, mix in the beef strips and the shredded spinach. Remove from the heat, season and add a sweetener (optional).

**5. DELICIOUS DINNER** Plate up the rice, top with the beef curry, and serve alongside the green beans. Garnish with chopped coriander. Enjoy, Chef!



## Chef's Tip

Air fryer method: Coat the trimmed green beans in oil and season. Air fry at 200°C until starting to char, 10-12 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	435kj
Energy	104kcal
Protein	9.8g
Carbs	12g
of which sugars	2g
Fibre	2g
Fat	1.4g
of which saturated	0.3g
Sodium	198.3mg

## Allergens

Allium

Eat  
Within  
3 Days