

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.

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Suné van Zyl

***New Calorie Conscious**

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Ingredients & Prep

200ml	Brown Basmati Rice <i>rinse</i>
600g	Beef Schnitzel (without crumb)
4	Garlic Cloves <i>peel & grate</i>
40ml	Spice & All Things Nice Balti Curry Paste
400g	Cooked Chopped Tomato
200g	Spinach <i>rinse & roughly shred</i>
10g	Fresh Coriander <i>rinse, pick & roughly chop</i>
400g	Green Beans <i>rinse</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 600ml 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, 6-7 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. You may need to do this step in batches.

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 600ml of water. Simmer until thickening, 12-15 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