Eat Within 4 Days

UCOOK

Steamy Thai Red Beef Curry

with cashew nuts

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Groote Post Winery | Groote Post Merlot

Nutritional Info	Per 100g	Per Portion
Energy	855kJ	4133kJ
Energy	204kcal	989kcal
Protein	9.7g	46.7g
Carbs	20g	96g
of which sugars	1.5g	7.3g
Fibre	1.6g	7.8g
Fat	7.4g	35.6g
of which saturated	4.2g	20.4g
Sodium	238mg	1151mg

Allergens: Allium, Tree Nuts

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Jasmine Rice *rinse*
150g	300g	Beef Rump Strips
1	2	Spring Onion/s *rinse, trim & finely slice, keeping the white & green parts separate*
15ml	30ml	Red Curry Paste
10g	20g	Fresh Ginger *peel & grate*
1	1	Garlic Clove *peel & grate*
100ml	200ml	Coconut Cream
50g	100g	Peas
20g	40g	Spinach *rinse*
10ml	20ml	Lemon Juice
10g	20g	Cashew Nuts *roughly chop*
3g	5g	Fresh Coriander *rinse & pick*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. RICE Place the rice in a pot with 200ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. BEEF STRIPS Place a pot over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pot.

3. CURRY Return the pot to medium heat with a drizzle of oil if necessary. Fry the spring onion whites until lightly golden, 2-4 minutes (shifting occasionally). Add the curry paste, the ginger, and the garlic. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the coconut cream and 50ml [100ml] of water. Simmer until slightly reduced and thickening, 5-6 minutes. In the final 1-2 minutes, mix in the beef strips, the peas, the spinach, the lemon juice (to taste), and seasoning. Remove from the heat.

4. DINNER IS READY Make a bed of the rice, top with the beef curry, and sprinkle over the nuts. Garnish with a scattering of the spring onion greens and the coriander. Enjoy, Chef!

Chef's Tip Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.