



UCOOK

Steamy Thai Red Beef Curry

with white basmati rice & spinach

Sweet red pepper, zesty lime & fresh mint send this Thai-style beef to dizzying heights of scrumptiousness. Steamed basmati means you're able to relish every drop of this coconut-laced wonder. Hold on Thai-!

Hands-on Time: 10 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Lauren Todd

 Fan Faves

 Creation Wines | Creation Pinot Noir 2021

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Ingredients & Prep

100ml	White Basmati Rice
160g	Free-range Beef Rump <i>cut into 1cm strips</i>
30g	Pickled Bell Peppers <i>drained & roughly chopped</i>
20ml	Thai Red Curry Paste
100ml	Lite Coconut Milk
5ml	Vegetable Stock
40g	Spinach <i>rinsed</i>
5ml	Lime Juice
4g	Fresh Mint <i>rinsed & picked</i>

From Your Kitchen

Oil (cooking, olive & coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. NICE RICE Rinse the rice and place in a pot over medium-high heat. Submerge in 225ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for 10 minutes. Drain if necessary and fluff up with a fork.

2. BROWNE D BEEF Place a pan or wok over medium-high heat with a drizzle of oil. When hot, fry the rump strips for 1-2 minutes per side until browned.

3. WOK ON! Return the pan or wok to medium heat with a drizzle of oil. When hot, fry the chopped peppers for 2-3 minutes until soft, shifting occasionally. Add $\frac{2}{3}$ of the curry paste (to taste). Sauté for 1-2 minutes until fragrant, stirring frequently. Add the coconut milk, the stock and 75ml of water. Simmer for 3-4 minutes until slightly reduced.

4. HERE COMES THE FINISH LINE Once the sauce has reduced, add the browned rump strips. Simmer for 1-2 minutes until the beef is cooked through. For a spicier curry, add the remaining curry paste. In the final 1-2 minutes, add $\frac{1}{2}$ the rinsed spinach. Season with a sweetener of choice, salt, pepper, and the lime juice (to taste). If the consistency is too thin for your liking, reduce for a bit longer.

5. DISH UP Make a bed of the remaining spinach. Top with the steaming white basmati rice and load it up with the Thai red beef curry. Garnish with the picked mint leaves. Well done, Chef!

Nutritional Information

Per 100g

Energy	748kJ
Energy	179kcal
Protein	9.8g
Carbs	17g
of which sugars	1.4g
Fibre	0.7g
Fat	5.6g
of which saturated	3.7g
Sodium	223mg

Allergens

Allium, Sulphites

Cook
within
4 Days