UCOOK

Steamy Thai Red Beef

with pickled peppers, brown basmati & toasted cashews

Baby tomatoes, pickled bell peppers, creamy cashews, and zesty lime send this Thai-style beef to dizzying heights of scrumptious! Flowing over high-fiber brown basmati to mop up every drop of this coconut cream wonder.

Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Lauren Todd

Health Nut

No paired wines

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Ingredients & Prep

200ml	Brown Basmati Rice
200g	Pak Choi
20g	Cashew Nut Pieces
300g	Free-range Beef Schnitzel (without crumb)
30ml	Thai Red Curry Paste
200ml	Coconut Cream
10ml	Vegetable Stock
200g	Baby Tomatoes *rinsed & halved*
50g	Pickled Bell Peppers *drained*
1	Lime *zested & cut into wedges*
8g	Fresh Coriander *rinsed & picked*

From Your Kitchen

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

1. NOURISHING GRAIN Rinse the rice and place in a pot. Submerge in 400ml of salted water, pop on a lid, and place over a medium-high heat. Once boiling, reduce the heat and simmer for 20 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes until cooked and tender. Drain on completion if necessary and fluff up with a fork. Replace the lid and set aside to keep warm.

2. LEAVES & NUTS Trim the base of the pak choi. Separate the leaves and rinse well. Cut off the stems, finely dice, and set aside. Slice the leaves in half lengthways and set aside separately from the stems. Place a pan or wok (large enough for the stir fry) over a medium heat. When hot, toast the cashew pieces for 3-5 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

3. SEAL THE BEEF Pat the beef dry with paper towel and slice into 1-2cm thick strips. Return the pan or wok to a high heat with a drizzle of oil. When hot, fry the strips for 1-2 minutes per side until browned but not cooked through. Remove from the pan and set aside.

4. CURRY BEGINNINGS Return the pan or wok to a medium heat with another drizzle of oil. When hot, sauté the pak choi stems for 2-3 minutes. Add in ⅔ of the curry paste (or to taste) and fry for 1-2 minutes until fragrant, shifting constantly. Pour in the coconut cream and 50ml of water. Stir through the stock and the halved baby tomatoes and allow to simmer for 4-5 minutes until thickened slightly.

5. CURRY FINISHINGS Once the curry sauce has reduced, add in the beef strips, drained pickled peppers, and pak choi leaves. For a spicier sauce, stir in the remaining curry paste to taste. Simmer for 2-3 minutes until the leaves have wilted and the beef is cooked through but tender, stirring occasionally. On completion, stir through some lime juice and zest to taste, reserving a wedge for serving. Remove from the heat and season to taste with salt, pepper, and a sweetener of choice. If the sauce is too thick, loosen with a little water.

6. DISH UP AND WARM UP Fill some bowls with brown basmati and smother in the Thai red beef curry. Sprinkle over the chopped, toasted cashews and garnish with the rinsed coriander leaves. Wow!

Chef's Tip

Pak choi is always a valuable nutrient, texture, and flavour addition to a Thai curry. It contains iron, phosphorus, calcium, magnesium, zinc, and vitamin K – all of which contribute to bone structure and strength.

Nutritional Information

Per 100g

Energy	583kJ
Energy	139Kcal
Protein	8.4g
Carbs	15g
of which sugars	1.5g
Fibre	1.8g
Fat	5.4g
of which saturated	3.2g
Sodium	335mg

Allergens

Allium, Sulphites, Tree Nuts

Cook within 4 Days