



# UCCOOK

## Steamy Thai Red Beef Curry

with cashew nuts

**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**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

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 3 [Serves 4]

|       |       |                                                                                                              |
|-------|-------|--------------------------------------------------------------------------------------------------------------|
| 300ml | 400ml | Jasmine Rice<br><i>rinse</i>                                                                                 |
| 450g  | 600g  | Beef Rump Strips                                                                                             |
| 3     | 4     | Spring Onions<br><i>rinse, trim &amp; finely slice,<br/>keeping the white &amp; green<br/>parts separate</i> |
| 45ml  | 60ml  | Red Curry Paste                                                                                              |
| 30g   | 40g   | Fresh Ginger<br><i>peel &amp; grate</i>                                                                      |
| 2     | 2     | Garlic Cloves<br><i>peel &amp; grate</i>                                                                     |
| 300ml | 400ml | Coconut Cream                                                                                                |
| 150g  | 200g  | Peas                                                                                                         |
| 60g   | 80g   | Spinach<br><i>rinse</i>                                                                                      |
| 30ml  | 40ml  | Lemon Juice                                                                                                  |
| 30g   | 40g   | Cashew Nuts<br><i>roughly chop</i>                                                                           |
| 8g    | 10g   | Fresh Coriander<br><i>rinse &amp; pick</i>                                                                   |

## From Your Kitchen

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

**1. RICE** Place the rice in a pot with 600ml [800ml] 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, 4-5 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 150ml [200ml] of water. Simmer until slightly reduced and thickening, 8-10 minutes. In the final 2-3 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.