



Beef Thai Red Curry with Broccoli and Basmati Rice

This red thai curry is smooth, flavoursome, and filling. The secret to a good thai curry is aromatics and good quality coconut milk! We serve this curry with tenderstem broccoli and mangetout to give a burst of green colour and vitamins.

Ingredients

- Beef Stir Fry Strips
- Curry Powder
- Curry Paste
- Basmati Rice
- Coconut Milk
- Broccoli
- Mangetout
- Lime

Your pantry:

- Olive/Rapeseed Oil
- Salt & Pepper

Nutritional Info

Calories: 784 kcal
Carbohydrates: 82 g
Protein: 41g
Fat: 36 g

Allergens

Mustard (Curry Paste & Powder)

Celery (Stock Cube)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) **Boil the kettle**

2) **Prepare the vegetables**

Cut the lime into quarters.

3) **Start the curry**

Put some olive oil in a pot [or deep pan] on a low heat. Add the curry paste and stir it around. Then add the beef and let it brown on both sides. Now add the curry powder and stir again.

4) **Add the liquid**

Add in the coconut milk and bring to the boil. As soon as the curry comes to the boil lower the heat and cover with a lid. Leave the pot simmering for about 8 minutes. While the curry simmers start on the rice.

5) **Cook the rice**

Put the rice in a pot and cover with water. [The water in the pot should cover the rice by about an inch.] Bring the water to a boil, then cover with a lid and reduce the heat to a gentle simmer.

6) **Add the vegetables**

Now that your curry has been simmering away for a few minutes add the mangetout, broccoli and lime juice to taste. Cook this for about 5 minutes until the broccoli is tender but still has a little crispness in the stalks.

7) **Plate the dish**

Serve the curry in a bowl with the basmati rice and wedge of lime on the side.



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