

Beef Curry



by Katie Caldesi

Per serving

NET CARBS	FIBRE	PROTEIN	FAT	KCAL
6g	3g	34g	38g	531

Makes 2 people ⌚ 20 mins cooking time

This is dish 4 using my Batch and Match Beef Stew recipe

When the prep and planning is done, you can whip up a homemade curry in no time after work. I love to defrost a portion of the beef stew and turn it into this deliciously warming beef curry with my favourite curry paste. Serve it with cauliflower rice and fresh coriander, and people will think you have slaved away for hours. I like Patak's Madras curry base but do look for flavours you like; read the ingredients and add according to the ratios they suggest. Sometimes you need only a few tablespoons and others you need to use half a jar of paste to get the flavour correct. To make the curry go further, bulking it out with non-starchy vegetables such as broccoli or cauliflower florets or add a tin of lentils or butter beans. Use up the leftover coconut milk in coffee or freeze it.

INGREDIENTS

Approx. 300g (10½oz) Beef Stew

200g (7oz) low-fat coconut milk

Curry paste, to taste.

METHOD

1. Add the paste and coconut milk to the beef stew and reheat until it is bubbling hot.
2. Taste and adjust the curry flavour with more paste to your liking.
3. Enjoy on its own in a bowl with thick yoghurt and cucumber or with cauli-rice.