

Beef Curry with Cauliflower Rice



Recipe supplied by Meat & Livestock Australia (MLA).

Ingredients

800g chuck steak, cut into 5cm pieces

1 tbsp vegetable oil

1/3 cup red curry paste

400ml can light coconut cream

2 cups water

1 cup shredded coconut, toasted

2 tbsp coriander leaves

Cauliflower rice, lemon wedges, sliced chilli, to serve.

Cauliflower Rice:

1 small cauliflower, stems and florets, grated

2 cups frozen peas

Salt and pepper to season

1 lemon, rind grated, juiced

1/4 cup chopped coriander.

Method:

1. Heat oil in a large wok or saucepan over medium-high heat. Add curry paste and stir for 2-3 minutes or until warmed and fragrant. Add beef and cook, stirring for 5-8 minutes or until browned and coated in curry paste.
2. Add coconut milk and water, stir until combined. Reduce heat and gently simmer for 40 minutes or up to 2 -2½ hours, stirring occasionally until meat is tender and sauce is thick.
3. Meanwhile, place cauliflower in a large frying pan over medium heat, cook, stirring occasionally, for 7 minutes, add peas. Cook stirring until just tender. Season to taste. Stir through lemon rind, juice and chopped coriander.
4. Garnish with coconut, coriander leaves and chilli and serve with cauliflower rice and lemon wedges.