



## Thai Green Beef Curry

with Pak Choy and Green Beans



20-30min



2 Portions

No one, but no one makes a curry like the Thais. Aromatic, full-flavoured, creamy and fresh, green curry in particular is a universal favourite. Here, its unmistakable flavours weave their magic around tender beef, crunchy greens, coriander and, of course, fluffy jasmine rice.

## What we send

- beef stir-fry
- green curry paste <sup>6</sup>
- pak choy
- jasmine rice
- coriander, kaffir lime leave
- green beans
- coconut milk
- fish sauce <sup>4</sup>

## What you'll require

- soy sauce <sup>6</sup>
- sugar
- vegetable oil
- water

## Utensils

- small saucepan with lid
- deep frypan or wok

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

The green curry paste is spicy, use less if preferred.

## Allergens

Fish (4), Soy (6). May contain traces of other allergens.

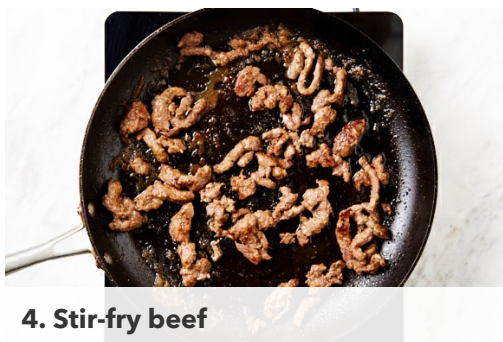
## Nutrition per serving

Energy 760kcal, Fat 31.2g, Carbs 65.9g, Proteins 51.3g



1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce heat to low, cover and cook for 12 mins or until tender and the water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



4. Stir-fry beef

Separate the **beef stir-fry strips**. Heat **1 tbs vegetable oil** in a large deep frypan over high heat. Stir-fry **half the green curry paste** (the remaining paste won't be used in this dish; see cooking tip) and the beef for 3 mins or until the beef is browned.



2. Prepare vegetables

While the rice is cooking, trim and coarsely chop the **pak choy**. Trim the **beans** and cut into thirds.



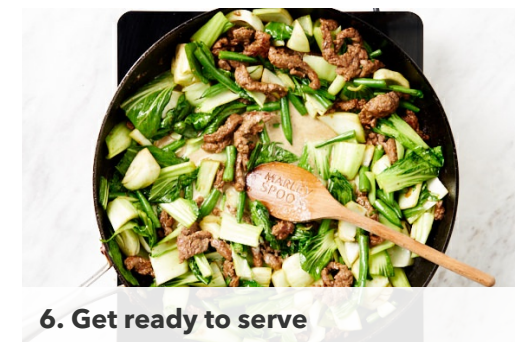
5. Add vegetables

Add the **beans, lime leaves, 2 tsp soy sauce** and **½ tsp sugar** then stir-fry for 1 min. Add the **pak choy** and stir-fry for 1 min or until wilted.



3. Prepare herbs

Reserve a few **coriander** sprigs for serving then finely chop the remaining coriander, including the stems. Separate the **kaffir lime leaves**, remove the central veins and very finely shred the leaves.



6. Get ready to serve

Add **half the coconut milk** and **2 tsp of the fish sauce** (the remaining coconut milk and fish sauce won't be used in this dish) and bring to the boil. Cook, tossing, for 1 min or until the beef and vegetables are coated. Divide the **rice** and **green beef curry** among bowls then scatter with the **coriander sprigs** to serve.