



Thai Green Beef Curry

with Pak Choy and Green Beans



20-30min



4 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

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

What you'll require

- soy sauce ⁶
- 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 medium saucepan with **450ml 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.



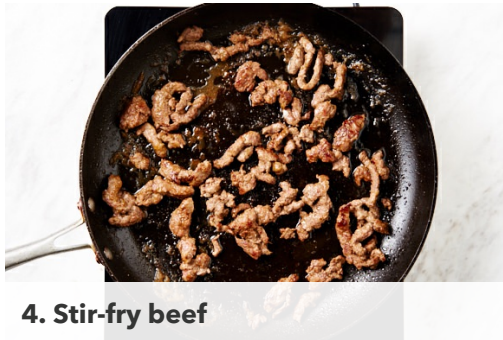
2. Prepare vegetables

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



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.



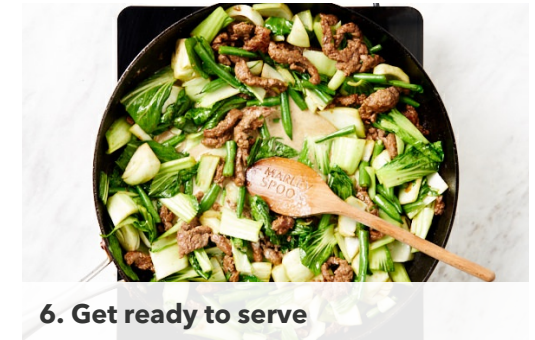
4. Stir-fry beef

Separate the **beef stir-fry strips**. Heat **2 tbs vegetable oil** in a large deep frypan over high heat. Stir-fry the **green curry paste** (see cooking tip) and beef in 2 batches, for 3 mins or until the beef is browned.



5. Add vegetables

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



6. Get ready to serve

Add the **coconut milk** and **fish sauce** 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.