## **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:**

- 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  $2 2\frac{1}{2}$  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.