



FRAGRANT BEEF AND PUMPKIN CURRY

SERVES: 3-4

Prep time 10 mins, cooking time 20 mins

INGREDIENTS

200 g pumpkin
1 Tbsp oil
3 Tbsp red curry paste
300 g beef, cut into strips
1 onion, sliced
1 cinnamon stick

1 ½ cups coconut milk
100 g baby corn spears
1 Tbsp tamarind paste (optional)
1 Tbsp fish sauce (optional)
chopped fresh coriander leaves, to serve

STEPS

- 1 Chop pumpkin into chunks and place in microwave-safe dish. Fill with enough water to cover pumpkin. Cook for 5 minutes.
- 2 Heat oil in a frying pan, add red curry paste and cook over a medium heat for 2-3 minutes until fragrant. Add the beef strips to the pan and stir fry for 5 minutes or until browned.
- 3 Add onion and cinnamon stick and cook until onion is soft. Stir in coconut milk, pumpkin and corn. Add tamarind paste and fish sauce (if using). Simmer for 10 minutes.
- 4 Check if pumpkin is cooked.
- 5 Sprinkle with coriander leaves while hot.

TIPS: Use chicken, lamb, pork, seafood instead of beef. Add green beans, capsicum, carrots, and potatoes for colour and texture. Add red chillies for extra hotness.

Joyce Shankar

NUTRITIONAL INFORMATION

Average quantity per 250 gram serving

Energy 1080 kJ (258 kcal), Protein 24.9 g, Fat total 12.2 g – saturated 4.7 g, Carbohydrate 10.1 g – sugars 6.7 g, Sodium 774 mg