

Cire Recipe

BEEF CURRY WITH LEMON RICE

This mild curry is sure to be a hit with the little ones during these cold months. Packed full of veggie goodness and tender beef, this recipe makes 4-6 servings. Preparation takes just 30 minutes, then let it simmer for 3 hours for the flavour to develop.

Ingredients

- 500g diced beef
- 1 large brown onion, diced
- 1 large carrot, diced
- 1 tbsp garlic, crushed
- 1 tsp ginger, crushed
- 1 tbsp beef stock powder (for a healthy option, refer to Cire's stock powder recipe)
- 1 tsp curry powder
- 2-3 diced potatoes
- 1 cup coconut cream
- 2 cups rice of choice
- zest and juice of half a lemon
- sprinkle of turmeric
- 1 tbsp sunflower oil
- frozen peas and corn

Curry instructions

1. Heat oil in a large pot.
2. Fry onion, beef, and carrot.
3. Add garlic, ginger, stock, curry powder, and water. Simmer covered for 2-3 hours.
4. Add potatoes and coconut cream. Cook until the potatoes are done.

Lemon Rice Instructions

1. Cook rice as directed.
2. Add lemon zest, juice, and turmeric and mix well.

Serve curry with rice, peas, and corn.

As an alternative to beef you can use chicken, chickpeas or tofu.

Don't have any coconut cream? substitute it with natural yogurt, adding it after the potatoes are cooked.



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