



The Gathered Green

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THAI RED CURRY BEEF WITH CABBAGE

Thank you to ayam.com for the recipe and picture.

Serves 4

Ingredients

- 500 grams diced beef fillet
- 1 medium onion, finely diced
- 2 cloves garlic, minced
- 2-3 tablespoons coconut oil
- Red curry paste (or mixed spices: 1 tsp turmeric, 1 tsp chilli powder, 1 heaped tsp cumin, 1 heaped tsp coriander, 1 tsp salt)
- 400ml can coconut cream
- ½ white medium cabbage, cut into thin strips
- Fresh coriander leaves, roughly chopped





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Method

Heat 2-3 tablespoons coconut oil in a heavy based pan on medium heat.

Add onion and garlic and fry until golden, careful not to burn the garlic.

Add curry paste (or mixed spices as outlined above) and fry for 1 minute. Add a little water if paste (or mixed spices) starts to dry up.

Add beef and fry until brown (5 to 7 minutes).

Add coconut cream and chopped cabbage. Stir well and put the lid on pan. Lower the heat and simmer for 20 to 30 minutes until both the beef and cabbage are fully cooked. Remove the lid and simmer until sauce is the desired consistency.

Remove from heat and sprinkle a generous amount of fresh chopped coriander leaves.

Serve with steamed rice (or quinoa) and steamed greens.

Enjoy!

Jane

