Red beef curry

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Red beef curry

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A combination of green beans, red capsicum and sweet mango makes this beef curry recipe a colourful feast.

The heat and salt level can vary widely in red curry paste depending on the brand – taste as you go. Serve with noodles and basil.

Ingredients (serves 4)

- 450 g organic <u>beef</u> sirloin or strip steak, trimmed, thinly sliced
- ¼ tsp salt
- ¼ tsp freshly ground pepper
- 1 tbsp plus 2 tsp olive oil, divided
- 250 g green beans, trimmed, cut into 5cm pieces (about 2 cups)
- 2 red capsicum, cut into thin, 5cm strips
- 400 ml light coconut milk
- 2 tbsp red curry paste
- 1 large <u>mango</u>, cut into 3cm chunks
- 4 lime wedges

METHOD

Sprinkle beef with salt and pepper. Heat one tablespoon of oil in a large pan over medium-high heat. Add the beef and cook, stirring occasionally, until browned, two to three minutes. Transfer to a plate with a slotted spoon and drain any liquid from the pan; wipe out the pan.

Reduce heat to medium. Add the remaining two teaspoons of oil, green beans and capsicums to the pan and cook, stirring, just until the beans begin to colour, two to four minutes. Combine coconut milk and curry paste and pour the mixture into the pan. Bring to a simmer. Cover and cook until the vegetables are just tender, two to three minutes.

Return the beef and any juice on the plate to the pan along with mango; cook, stirring once or twice, until heated through, two to three minutes. Serve with lime wedges.

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