

BEEF CURRY

Ideal for a quick meal but this recipe tastes even better if you take your time and let it simmer for a while, or ideally make it the day before and then reheat it.

Serves 2

Per serving: 415 calories, 6.4g fat

Prep time: 5 mins

Cook time: 15 mins

METHOD

1. Place the vegetable stock cube in a medium sized saucepan with cold water and bring to the boil. When boiling, add the rice and cook according to the instructions on the packet.
2. Meanwhile, preheat a non-stick large frying-pan and spray with rapeseed oil. Dry-fry the onion for 2 - 3 minutes until soft. Add the garlic and the beef and cook for a further 2 - 3 minutes until the beef is browned.
3. Add the curry powder or paste and cook for a further minute, stirring well. Add the courgettes and tomatoes and season well with black pepper. Simmer for 3 - 4 minutes until the sauce thickens.
4. Remove the beef curry from the heat, stir in the fresh coriander and yogurt and serve immediately with the boiled rice.

INGREDIENTS

55g basmati rice per person
1 vegetable stock cube
1 onion, finely chopped
1 garlic clove, crushed
225g lean beef rump, cut into thin strips
1 tablespoon Madras curry powder or paste
1 courgette, diced
1 x 400g tin of chopped tomatoes
freshly ground black pepper
1 tablespoon chopped fresh coriander
1 tablespoon natural live yogurt

