



Beef & beetroot curry

 Gluten Free

READY IN



200 min.

SERVINGS



6

CALORIES



820 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 750 g beets raw trimmed to 1cm
- 1 piece ginger chopped
- 3 garlic clove
- 1 to 5 chillies whole red
- 1 small bunch cilantro leaves roughly chopped
- 6 cardamom pods
- 2 tbsp tomato paste
- 2 tbsp blackstrap molasses

- 2 tbsp ground cumin
- 1 tbsp ground coriander
- 2 tsp fennel seeds
- 0.3 tsp ground cloves
- 3 tbsp unrefined sunflower oil
- 1.5 kg beef cut into big chunks (or other stewing beef)
- 2 onion chopped
- 2 beef bouillon cubes
- 2 tsp garam masala
- 6 servings yogurt

Equipment

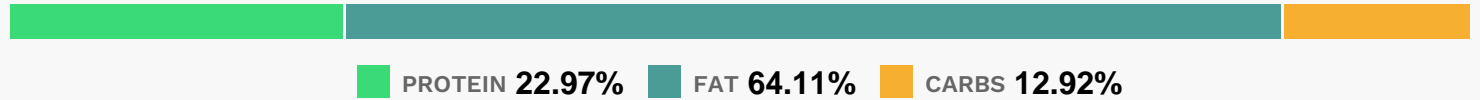
- food processor
- frying pan
- oven
- blender
- skewers

Directions

- Put the beetroot in a large pan of water, bring to the boil and simmer until tender check with a skewer; you may need to remove smaller ones first while the larger ones carry on cooking.
- Drain and cool, then put on rubber gloves to peel the skin and remaining stalks. Chop into large chunks and set aside two-thirds for later.
- Put the remaining one-third beetroot in a food processor or blender with the ginger, garlic, chilli, chopped coriander, cardamom pods, tomato paste, treacle, cumin, ground coriander, fennel seeds, cloves and 2 tsp ground black pepper. Whizz to a paste.
- Heat oven to 160C/140C fan/gas
- Heat half the oil in a big flameproof casserole. Fry the beef chunks in batches until browned all over, removing to a dish as you go.

- Add the remaining oil, lower the heat, then tip in the onions and fry gently until softened, scraping up the beefy bits. Tip in the spice paste and fry for 5 mins until really fragrant. Return the beef and stock cubes with enough boiling water from a kettle to cover. Bring to a simmer, then put on the lid and bake for 2 hrs.
- Uncover and bake for a further 30 mins until the beef is really tender. Put back on the hob and stir in the garam masala and reserved beetroot to heat through. Season well with salt, scatter with coriander leaves and serve with naan, basmati rice and raita or yogurt, if you like.

Nutrition Facts



Properties

Glycemic Index:55.17, Glycemic Load:9.21, Inflammation Score:-7, Nutrition Score:34.796521927999%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg

Nutrients (% of daily need)

Calories: 819.76kcal (40.99%), Fat: 58.34g (89.76%), Saturated Fat: 20.04g (125.26%), Carbohydrates: 26.45g (8.82%), Net Carbohydrates: 20.36g (7.4%), Sugar: 16.37g (18.18%), Cholesterol: 177.68mg (59.23%), Sodium: 638.52mg (27.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.03g (94.06%), Vitamin B12: 5.37µg (89.45%), Zinc: 11.37mg (75.8%), Manganese: 1.39mg (69.65%), Selenium: 41.02µg (58.6%), Vitamin B3: 11.6mg (57.99%), Vitamin B6: 1.07mg (53.58%), Phosphorus: 492.92mg (49.29%), Iron: 8.44mg (46.89%), Folate: 164.8µg (41.2%), Potassium: 1415.96mg (40.46%), Vitamin E: 4.35mg (29.01%), Magnesium: 114.47mg (28.62%), Vitamin B2: 0.47mg (27.57%), Vitamin C: 22.56mg (27.35%), Fiber: 6.09g (24.34%), Copper: 0.37mg (18.65%), Vitamin B5: 1.6mg (15.97%), Calcium: 136.59mg (13.66%), Vitamin B1: 0.2mg (13.53%), Vitamin K: 11.33µg (10.79%), Vitamin A: 312.27IU (6.25%), Vitamin D: 0.25µg (1.67%)