



Deb's Spicy Beef Curry



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon asian fish sauce
- ☐ 1.5 pounds beef skirt steak cut into strips
- ☐ 14 ounce coconut milk canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons ginger root fresh minced
- ☐ 4 servings kosher salt and ground pepper black to taste
- ☐ 1 large lime zest cut into quarters
- ☐ 0.5 cup chicken broth low sodium

- ☐ 0.5 cup shallots thinly sliced
- ☐ 1 teaspoon thai curry paste red to taste
- ☐ 2 tablespoons vegetable oil
- ☐ 1.5 cups zucchini sliced

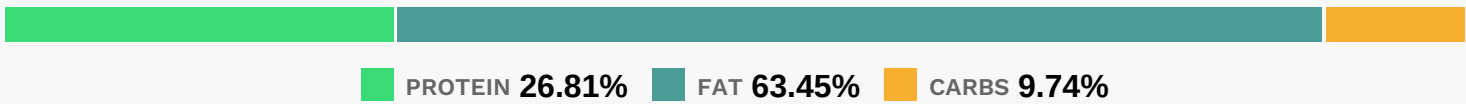
Equipment

- ☐ frying pan

Directions

- ☐ Heat vegetable oil in a large skillet over medium-high heat.
- ☐ Sprinkle beef strips lightly with salt and black pepper, and sear the meat in the hot oil until well browned on both sides, 2 to 4 minutes, working in batches. Do not crowd beef.
- ☐ Transfer beef to a plate.
- ☐ Reduce heat to medium, and cook the shallots until they start to become tender, about 2 minutes; stir in ginger and cook 1 additional minute. Stir in the curry paste, and fry 1 more minute.
- ☐ Mix in the chicken broth, and bring to a boil, scraping up and dissolving any brown flavor bits from the skillet. Stir in the coconut milk and fish sauce.
- ☐ Increase heat to medium-high, and return beef and any juices to the skillet. Stir to coat with sauce, and simmer until tender, 10 to 12 minutes; stir in the zucchini, cover the skillet, and simmer until zucchini are tender, about 8 minutes.
- ☐ Mix in the lime zest; sprinkle with cilantro.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:1.87, Inflammation Score:-7, Nutrition Score:29.575652200243%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 593.89kcal (29.69%), Fat: 43.54g (66.98%), Saturated Fat: 26.82g (167.65%), Carbohydrates: 15.03g (5.01%), Net Carbohydrates: 10.79g (3.92%), Sugar: 7.45g (8.28%), Cholesterol: 107.16mg (35.72%), Sodium: 497.96mg (21.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.39g (82.78%), Zinc: 11.96mg (79.75%), Selenium: 44.54µg (63.63%), Manganese: 1.26mg (62.85%), Vitamin B12: 3.67µg (61.24%), Vitamin B3: 11.26mg (56.3%), Vitamin B6: 0.99mg (49.32%), Phosphorus: 410.76mg (41.08%), Vitamin B2: 0.61mg (36.01%), Iron: 5.43mg (30.19%), Potassium: 1056mg (30.17%), Magnesium: 99.91mg (24.98%), Copper: 0.5mg (24.81%), Vitamin C: 19mg (23.04%), Vitamin K: 21.79µg (20.76%), Fiber: 4.24g (16.97%), Vitamin B5: 1.41mg (14.07%), Folate: 47.06µg (11.76%), Vitamin B1: 0.17mg (11.6%), Vitamin A: 404.1IU (8.08%), Vitamin E: 1.02mg (6.82%), Calcium: 56.75mg (5.68%), Vitamin D: 0.17µg (1.13%)