



Sri Lanka Beef Curry



Gluten Free



Dairy Free

READY IN



160 min.

SERVINGS



8

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 strips pandan leaf
- ☐ 3 pounds beef stew meat cut into 1 inch cubes
- ☐ 1.5 tablespoons cayenne pepper
- ☐ 1 stick piece cinnamon (1 inch)
- ☐ 1 cup coconut milk thick
- ☐ 8 curry leaves fresh
- ☐ 1 tablespoon curry powder toasted
- ☐ 1 inch ginger root fresh crushed peeled sliced

- ☐ 6 cloves garlic
- ☐ 4 cardamom pods green
- ☐ 1 tablespoon ground pepper black
- ☐ 1 onion sliced
- ☐ 2 teaspoons salt
- ☐ 2 tablespoons tomato paste
- ☐ 3 tablespoons vegetable oil
- ☐ 1 cup water
- ☐ 3.5 tablespoons vinegar white

Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Rinse the beef and pat dry. Crush the garlic cloves into a paste and combine it with the crushed ginger.
- ☐ Add the vinegar, salt, pepper, roasted curry powder, and cayenne.
- ☐ Mix in the beef cubes and toss to coat. Set aside for 30 minutes.
- ☐ Heat the oil in a Dutch oven over medium heat.
- ☐ Add the curry leaves and pandan strips. Stir in the onions. Cook, stirring frequently, until the onion has softened and turned translucent, about 5 minutes.
- ☐ Mix in the beef cubes and cook until browned on all sides, about 10 minutes. Stir in the cinnamon stick, cardamom pods, and cloves.
- ☐ Add the tomato paste and water and mix well.
- ☐ Simmer, covered, on low heat for 1 1/2 hours or until the meat is tender. Check the curry every half hour; you may need to add more water (up to 1 cup) if the curry is too dry and is sticking to the pan.
- ☐ Add the coconut milk and heat through. Taste and adjust the seasonings before serving.

Nutrition Facts

 **PROTEIN 43.19%**  **FAT 49.47%**  **CARBS 7.34%**

Properties

Glycemic Index:42.88, Glycemic Load:1.77, Inflammation Score:-7, Nutrition Score:28.460869643999%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 366.56kcal (18.33%), Fat: 20.02g (30.8%), Saturated Fat: 9.1g (56.89%), Carbohydrates: 6.69g (2.23%), Net Carbohydrates: 4.86g (1.77%), Sugar: 1.24g (1.38%), Cholesterol: 105.46mg (35.15%), Sodium: 715.72mg (31.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.33g (78.66%), Vitamin B3: 23.48mg (117.39%), Selenium: 48.03µg (68.62%), Vitamin B6: 1.22mg (60.93%), Vitamin B12: 3.15µg (52.45%), Zinc: 7.48mg (49.88%), Manganese: 0.86mg (43.01%), Phosphorus: 413.62mg (41.36%), Folate: 150.03µg (37.51%), Iron: 5.4mg (30%), Vitamin C: 24.18mg (29.31%), Potassium: 771.87mg (22.05%), Vitamin B2: 0.3mg (17.76%), Magnesium: 66.18mg (16.54%), Copper: 0.29mg (14.57%), Vitamin K: 14.84µg (14.13%), Vitamin B1: 0.19mg (12.41%), Vitamin A: 533.08IU (10.66%), Vitamin E: 1.57mg (10.46%), Vitamin B5: 0.83mg (8.35%), Fiber: 1.83g (7.33%), Calcium: 72.71mg (7.27%)