MARLEY SPOON

Curried Coconut Beef Stew

with Veggies & Fresh Ginger

30min 2 Servings

The star of this dish is the irresistible curry sauce, built in layers to maximize its flavor potential. Tomatoes and onions cook down until tender, then combine with freshly grated ginger and curry powder to add a sweet and savory bite. Coconut milk adds creaminess before it's all puréed to a silky finish. Hearty beef strips and sauteed peppers fill out the curry stew ladled over a bed of fluffy jasmine rice.

What we send

- 5 oz jasmine rice
- 1 piece fresh ginger
- garlic
- 1 yellow onion
- 2 plum tomatoes
- ¼ oz fresh cilantro
- 2 (¾ oz) coconut milk powder [1,2]
- 10 oz pkg beef strips
- 1 green bell pepper
- ¼ oz curry powder
- 1 lime

What you need

- kosher salt & ground pepper
- sugar
- neutral oil

Tools

- small saucepan
- microplane
- medium Dutch oven or pot with lid
- immersion blender

Cooking tip
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Allergens
Milk (1), Tree Nuts (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving
Calories 680kcal, Fat 25g, Carbs 80g, Protein 32g

1. Make rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes.

Keep covered until ready to serve.

2. Prep ingredients

Finely grate **1 teaspoon each of ginger and garlic**. Halve **onion** and coarsely chop one half (save rest for own use). Cut **tomatoes** into ½-inch pieces. Pick **cilantro leaves** from **stems** (set leaves aside for step 6); finely chop stems.

In a liquid measuring cup, whisk to combine **coconut milk powder, ⅔ cup hot tap water,** and **1 teaspoon sugar**.

3. Brown beef

Pat **beef** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium Dutch oven over medium-high. Add beef in a single layer and cook, until well browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more. Transfer to a bowl. Meanwhile, halve **pepper**, removing stem and seeds, and slice into ½-inch thick strips.

4. Cook peppers

Heat **1 more tablespoon oil** in same pot. Add **peppers** and cook, stirring occasionally, until browned and softened, 5–7 minutes. Transfer to bowl with **beef**.

5. Build sauce

Add **onions** and **tomatoes** to pot. Cook, stirring as needed, until tomatoes break down and onions are softened, 5–7 minutes. Add **cilantro stems, ginger, garlic**, and **1½ teaspoons curry powder**. Cook, stirring, until fragrant. Add **coconut milk** and bring to a simmer; cook covered for 10 minutes. Season to taste with **salt** and **pepper**. Purée with immersion blender until smooth.

6. Finish & serve

Return **beef and peppers** to pot with **puréed sauce** and cook until warmed through. Cut **lime** into wedges.

Fluff **rice** with a fork and spoon onto plates. Top with **beef** and **sauce**. Garnish with **cilantro** and **a squeeze of lime**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)
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