



Vietnamese-Style Beef Curry

with Veggies & Cauliflower Rice



35min



2 Servings

Vietnamese-style curry has a mild spice level with a touch of sweetness, which perfectly pairs with tender beef strips. We flavor coconut milk with curry powder and fish sauce before adding ginger-scented carrots and onions. Fresh green beans simmer in the curry along with the beef before we serve it over low-carb cauliflower rice—perfect for sopping up the savory sauce.

What we send

- 12 oz cauliflower rice
- ½ lb green beans
- 1 carrot
- 1 yellow onion
- 1 oz fresh ginger
- 10 oz pkg beef strips
- 2 (¾ oz) coconut milk powder ^{7,15}
- ½ oz fish sauce ⁴
- ¼ oz curry powder
- 1 pkt beef broth concentrate

What you need

- kosher salt & ground pepper
- neutral oil
- sugar

Tools

- medium skillet
- medium Dutch oven or pot

Allergens

Fish (4), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 540kcal, Fat 25g, Carbs 52g, Protein 35g



1. Make cauliflower rice

Heat **1 tablespoon oil** in a medium skillet over high. Add **cauliflower rice** and cook, stirring, until crisp-tender, about 5 minutes. Season to taste with **salt** and **pepper**. Cover and set aside until ready to serve.



4. Cook vegetables

In same pot, heat **1 tablespoon oil** over medium. Add **carrots and onions**; cook, stirring occasionally, until browned and slightly softened, 5-7 minutes. Season to taste with **salt** and **pepper**.

Add **ginger** and cook, stirring frequently, until fragrant, about 30 seconds.



2. Prep ingredients

Meanwhile, trim **green beans**, if desired, and halve crosswise. Halve **carrot** lengthwise, then cut on an angle into 2-inch pieces. Halve and thinly slice **onion**. Peel and finely chop **half of the ginger** (save rest for own use).

Pat **beef** dry. Season all over with **salt** and **pepper**.



5. Cook curry

Add **coconut milk mixture**, scraping up any bits from bottom of pot. Bring to a boil. Reduce heat to a simmer, cover, and cook, stirring occasionally, until sauce is slightly thickened and **veggies** are tender, 5-7 minutes.



3. Brown beef

Heat **1 tablespoon oil** in a medium Dutch oven or pot over medium-high. Add **beef** in an even layer; cook, undisturbed, until browned on the bottom, about 3 minutes. Flip and cook 1 minute more; transfer to a plate (it won't be cooked through).

Meanwhile, in a small bowl, whisk together **coconut milk, fish sauce, curry powder, broth concentrate, ½ cup water**, and **1 tablespoon sugar**.



6. Finish & serve

Add **beef** and **green beans**; cover and simmer until beef is cooked through and green beans are tender, 5-7 minutes. Season to taste with **salt** and **pepper**.

Fluff **cauliflower rice** with a fork and serve **beef curry** over top. Enjoy!