

# DINNERLY



## Thai Red Curry Beef with Bell Peppers & Quinoa



20-30min



2 Servings

We lean on curry dishes as a go-to for when we want dinner on the table quick! This one is loaded with red bell pepper, scallions, and beef strips and cooked in a sweet and savory mix of coconut milk and Thai red curry sauce. We've got you covered!

### WHAT WE SEND

- 3 oz white quinoa
- 1 bell pepper
- 2 scallions
- $\frac{3}{4}$  oz coconut milk powder<sup>1,3</sup>
- $\frac{1}{2}$  lb pkg sirloin steak
- 1 oz Thai red curry paste<sup>2</sup>

### WHAT YOU NEED

- kosher salt & ground pepper
- sugar
- neutral oil, such as vegetable

### TOOLS

- small saucepan
- medium nonstick skillet

### ALLERGENS

Milk (1), Soy (2), Tree Nuts (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 470kcal, Fat 22g, Carbs 42g, Protein 26g



#### 1. QUINOA VARIATION

In a small saucepan, combine **quinoa**,  $\frac{3}{4}$  **cup water**, and  $\frac{1}{2}$  **teaspoon salt**. Bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15–20 minutes. Keep covered off heat until ready to serve.



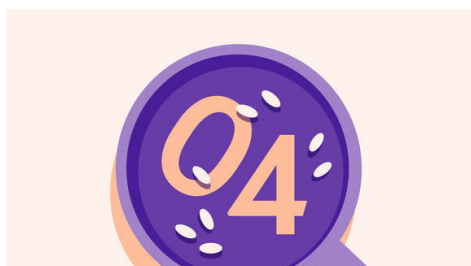
#### 2. Prep ingredients

Halve **pepper**, discard stem and seeds, then cut into 1-inch pieces. Trim **scallions**, then thinly slice. In a liquid measuring cup, whisk **coconut milk powder**, **1 cup very hot water**, and **2 teaspoons sugar** until dissolved. Pat **beef** dry and thinly slice.



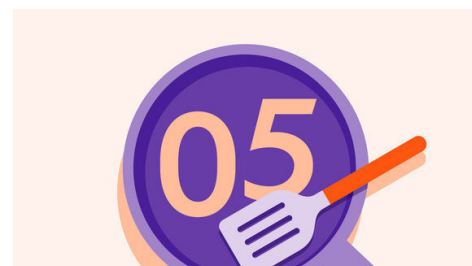
#### 3. Cook peppers

Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high. Add **peppers** and **a pinch of salt** to skillet and cook, stirring occasionally, until crisp-tender and browned in spots, about 3 minutes. Transfer peppers to a bowl and wipe out skillet.



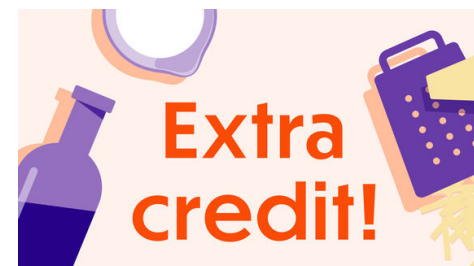
#### 4. Cook beef & curry sauce

Heat **1 tablespoon oil** in same skillet over high. Add **beef** and cook, stirring occasionally, until browned, 3–5 minutes. Stir in **half of the scallions** and **1 tablespoon of the red curry paste**. Cook until fragrant, about 30 seconds. Add **coconut milk** and **a pinch of salt**; stir to combine, scraping up any browned bits from the bottom of the skillet.



#### 5. Finish & serve

Bring **sauce** to a boil. Add **peppers**, then reduce heat to medium-high. Simmer until **sauce** is slightly reduced and **peppers** are tender, 5–7 minutes. Fluff **quinoa** with a fork. Serve **Thai red curry beef** spooned over **quinoa**, and garnish with **remaining scallions**. Enjoy!



#### 6. Amp up the veggies!

Whether you have more people at the table than expected or you're just hangry for more fiber, chop up some veggies like sweet potato, carrot, or kale to cook with your peppers in step 3.