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Beef and Spinach Curry ♦♦

A delicious curry made with beef and spinach. This dish is packed with flavor and is perfect for a hearty meal.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Beef
200 g	spinach
100 g	onion
3 cloves	garlic
10 g	Ginger
2 tsp	curry powder

400 ml	coconut milk
2 tbsp	vegetable oil
1 tsp	salt
1 tsp	pepper

Directions

Step 1

Stove

Heat vegetable oil in a pan over medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Add chopped onion, garlic, and ginger to the pan. Cook until the onion is translucent.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stove

Add curry powder, salt, and pepper to the pan. Cook for another 2 minutes.

Prep Time: 2 mins

Cook Time: 2 mins

Step 4

Stove

Add beef to the pan and cook until browned.

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Stove

Add coconut milk to the pan and bring to a simmer. Cook for 20 minutes, or until the beef is tender.

Prep Time: 0 mins

Cook Time: 20 mins

Step 6

Stove

Add spinach to the pan and cook until wilted.

Prep Time: 2 mins

Cook Time: 5 mins

Step 7

Serve hot with rice or naan bread.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 30 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	40 mcg	1666.67%	1666.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	6 mg	0.6%	0.6%
Iron	20 mg	250%	111.11%
Potassium	700 mg	20.59%	26.92%
Zinc	25 mg	227.27%	312.5%
Selenium	45 mcg	81.82%	81.82%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Picnic

Cuisines

Indian French Mediterranean American

Course

Main Dishes

Salads

Sauces & Dressings

Cooking Method

Frying

Meal Type

Lunch

Dinner

Difficulty Level

Medium

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