



Cook time: 20 mins

Serves: 4

Prep time: 10 mins

# Beef and Brown Rice Spicy Soup

## Ingredients

- 280g cooked brown rice\*
- 75g red curry paste
- 200ml low-fat coconut milk\*
- 150ml low-fat milk\*
- 150ml water
- 1 onion, quartered
- 25g fresh ginger, chopped
- 1 green capsicum, roughly chopped
- 2 carrots, sliced
- 2 tomatoes, diced
- 400g lean beef, sliced (can be replaced with other meat such as chicken or fish)
- 3 tbsp fresh coriander leaves, roughly chopped or 1 tbsp dried coriander
- 3 kaffir lime leaves, sliced

\*Choose products with the Healthier Choice Symbol.

## Method

- In a heated pot, add the curry paste, onion and ginger, and stir-fry for about 1 minute.
- Add the beef, vegetables, milk, coconut milk and water to the pot. Mix well and bring to a boil.
- Bring to a simmer for 10–15 minutes or until beef is cooked through and vegetables are tender.
- Add the rice, coriander and lime leaves to the pan, and bring back to simmer for 2 minutes.
- Serve hot.

### Nutrition Information (Per Serving):

Energy: 504kcal

Protein: 36g

Total fat: 12.7g

Carbohydrates: 35.8g

Dietary fibre: 4.5g