



Beef and Brown Rice

— spicy soup —

Serves 4

Prep time: **10 mins**
Cook time: **20 mins**

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 meats such as chicken or fish)
- 3 tbsp fresh coriander leaves, roughly chopped or 1 tbsp dried coriander
- 3 kaffir lime leaves, sliced

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 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: **504 kcal**
Protein: **36g**
Total fat: **12.7g**
Carbohydrates: **35.8g**
Dietary fibre: **4.5g**

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Health Bites

LOW
FAT

Switch to low-fat

Making the switch to low-fat products is a whole lot easier than you think. If you are not used to it, why not start by replacing half the regular product with a low-fat version. You'll be surprised at how tasty it can be!



It's high time for high-fibre

Boost your health with high-fibre foods such as wholegrains, fruits, vegetables and beans. High-fibre foods keep you feeling fuller for longer – and help control your blood-sugar.



Give your dishes a tasty twist

Herbs and spices are a great way to enhance the flavour of your favourite dishes. The next time you're cooking, get that extra zing by swapping out the salt for a dash of herbs and spices.

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