

Stir Fried Curried Beef, Rice and Greens RECIPE

Stir Fried Curried Beef, Rice and Greens



Cooking time
10 mins
Preparation time
10 mins
Serves

5

A Beef Stir-fry that takes only 20-min from start to serving. Try our new and inventive way to use Royco® Cape Malay Curry Cook-in Sauce.

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Ingredients

- 500 ml basmati rice
- 600g beef strips
- 40 ml oil
- 500 ml baby spinach leaves
- 10 spring onions, finely chopped
- 1 pouch Royco® Cape Malay Curry Wet Cook-in Sauce 415 g

Products used



Cape Malay Curry Wet Cook-In Sauce

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Vegetarian

Switch out the beef with strips of aubergine for a vegetarian stir-fry.

Family Friendly

To make a milder version of this stir-fry by replacing the Cape Malay Curry Cook-in Sauce with Royco® Sweet & Sour Cook-in Sauce.

Method

1. 1.

Rinse the rice, then place in a pot with 600 ml water. Simmer until the rice is cooked and the water has been absorbed. Then fluff with a fork.

2. 2.

Stir fry the beef in batches, in a little hot oil, until browned. Set aside.

3. 3

Fry the spring onions in a little more oil for 1 minute.

4. 4.

Add the beef and the Royco® Cape Malay Curry, simmer for 2 minutes.

5. 5.

Stir through the baby spinach leaves.

6. 6

Divide the rice between 5 bowls, top with the beef mixture.

7. 7.

Serve garnished with chopped spring onions.

Recipe Tags

Wet Cook In Sauce, Beef, Meat and Veg

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Cooking time

30 mins

Preparation time

15 mins

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Cooking time

45 mins

Preparation time

20 mins

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Butternut Risotto with Rocket and Feta

Cooking time

25-30 mins

Preparation time

5 mins

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Butter Chicken

Cooking time

45 mins

Preparation time

10 mins

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Korma Curry

Cooking time

25 mins

Preparation time

15 mins

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Panzanella Salad

Cooking time

10 mins

Preparation time

5 mins

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Lasagna

Cooking time

30 mins

Preparation time

10 mins

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Chakalaka and Pasta Salad

Cooking time

15 mins

Preparation time

5 mins

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Homestyle Lamb Curry

Cooking time

30 mins

Preparation time

20 mins

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Crunchy Sweet and Sour Stir-Fry

Cooking time

15 mins

Preparation time

15 mins

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