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.

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

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. 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. Stir fry the beef in batches, in a little hot oil, until browned. Set aside.
3. Fry the spring onions in a little more oil for 1 minute.
4. Add the beef and the Royco® Cape Malay Curry, simmer for 2 minutes.
5. Stir through the baby spinach leaves.
6. Divide the rice between 5 bowls, top with the beef mixture.
7. Serve garnished with chopped spring onions.

Recipe Tags

Wet Cook In Sauce, Beef, Meat and Veg

Related Recipes

Chicken a La King

Cooking time

30 mins

Preparation time

15 mins

Spicy Lentil Curry

Cooking time

45 mins

Preparation time

20 mins

Butternut Risotto with Rocket and Feta

Cooking time

25-30 mins

Preparation time

5 mins

Butter Chicken

Cooking time

45 mins

Preparation time

10 mins

Korma Curry

Cooking time

25 mins

Preparation time

15 mins

Panzanella Salad

Cooking time

10 mins

Preparation time

5 mins

Lasagna

Cooking time

30 mins

Preparation time

10 mins

Chakalaka and Pasta Salad

Cooking time

15 mins

Preparation time

5 mins

Homestyle Lamb Curry

Cooking time

30 mins

Preparation time

20 mins

Crunchy Sweet and Sour Stir-Fry

Cooking time

15 mins

Preparation time

15 mins

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