

# Beef and Pumpkin Curry



Adapted from Source Super Food Ideas - July 2007, Page 75  
Serves 4, 366 cal per serve

500g diced beef  
1 brown onion, sliced  
2 garlic cloves, crushed  
1/4 cup korma curry paste  
600g jap pumpkin, peeled, diced  
1 red capsicum, chopped  
400g can diced tomatoes  
1/2 cup beef stock  
Extra virgin olive oil spray

Spray the base of a large saucepan over medium-high heat with olive oil spray. Add one-third of the beef. Cook for 2 minutes or until seared. Transfer to a bowl. Repeat in 2 batches with spray oil and remaining beef.

Spray again and add onion and garlic. Cook for 1 to 2 minutes or until softened. Add curry paste and cook, stirring, for 30 seconds or until aromatic. Return beef and juices to pan. Stir in pumpkin, capsicum, tomatoes and stock.

Reduce heat to medium-low. Cover and simmer for 10 minutes. Remove lid and cook for a further 10 to 15 minutes or until meat is tender and sauce has thickened. Season with salt and pepper.

Serve with steamed rice or “cauliflower rice”.