**Thai red beef curry**

Serves: 4



**Ingredients**

600g Northern Ireland Farm Quality Assured

lean braising steak
1 red onion

Small bunch of coriander

100g sugar-snap peas

100g green beans

4 x 5ml (4 tsps) oil
1 x 5ml (1 tsp) Thai red curry paste

1 can chopped tomatoes

3 x 5ml (3 tsps) sweet chilli sauce

½ a lime

**To serve**

Steamed Jasmine rice

**Equipment**

Chopping boards, knives, juicer, measuring spoons, large oven proof dish with lid, wooden spoon, plate, can opener, oven gloves.

**Method**

1. Pre heat the oven to 140°C/Gas mark 1.
2. Prepare the vegetables and herbs:
* Peel and remove the top and bottom of the onion and roughly chop;
* Roughly chop the coriander;
* Slice the sugar snap peas in half;
* Slice the green beans in half;
* Juice the lime.
1. On a separate chopping board cut the steak into large chunks. Remember to wash your hands thoroughly after handling raw meat.
2. Heat half of the oil in a large oven proof dish and cook half the beef for 5 minutes to brown. Remove the beef from the dish and set aside.
3. Repeat with the rest of the beef.
4. In the same dish, heat the rest of the oil and add the onions. Cook for 10 minutes.
5. Add the curry paste, tomatoes, sweet chilli sauce, lime juice, coriander and beef. Mix well.
6. Put a lid on the oven proof dish and cook in the oven for 45 minutes.
7. Take the dish out of the oven and add the sugar snap peas and green beans.
8. Return to the oven without the lid to cook for a further 15 minutes.
9. Serve the curry with steamed Jasmine rice.