INDIAN · DINNER

Easy Indian-Spiced Beef Curry

100 min · Serves 6 · 393 kcal a serve · Video 6:50 · Keto Connect

Gluten-free ingredients · Dairy-free · Nut-free

Slow-simmered beef gives about 34 g protein per serve, plus iron and zinc, while turmeric, ginger and warm spices carry the flavour with only around 2 g net carbs and no flour or sugar.

Diet notes: Keto (2.1 g net carbs a serve).

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Ingredients 14 · SERVES 6

- [ ] 2 tbsp **avocado oil**
- [ ] 1/4 medium **onion**, thinly sliced
- [ ] 2 large **garlic** cloves, sliced
- [ ] 1/2 tsp **ground ginger** (or about 2.5 cm fresh ginger)
- [ ] 1 tbsp **garam masala**
- [ ] 1 tsp **ground coriander**
- [ ] 1 tsp **ground turmeric**
- [ ] 1 tsp **ground cinnamon** (or 1/2 tsp for a milder curry)
- [ ] 1 tsp **chilli powder**
- [ ] 1 tsp **salt**
- [ ] 2 tbsp **tomato paste**
- [ ] 180 ml **water**, plus a little more to nearly cover the meat
- [ ] 900 g cubed **beef chuck roast** (or stewing beef)
- [ ] 2 small **bay leaves**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Warm the avocado oil in a heavy pot or Dutch oven over medium heat and cook the sliced onion and garlic until soft and fragrant. 1:48
2. Add the ginger, garam masala, coriander, turmeric, cinnamon, chilli powder and salt and stir for a minute so the spices toast into a paste with the onion. 2:01
3. Stir in the tomato paste and 180 ml water to make the curry base. 3:32
4. Add the beef and stir to coat, then pour in just enough extra water to nearly cover it and tuck in the bay leaves. 4:09
5. Cover and simmer gently for about 1 1/2 hours (up to 2), stirring once or twice, until the beef is very tender. 4:42
6. Remove the bay leaves. For a thicker sauce, simmer uncovered for a while to reduce it. Serve over cauliflower rice with greens. 4:55

> **Tip** Serves 6 (the cook's written recipe). Serve over cauliflower rice with steamed greens for a full keto meal. Freezes well for up to 3 months.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
393 kcal 1,650 kJ	33 g 67% of a day	3.6 g 2.1 g net · 1 g sugars 1% of a day

FIBRE	FAT	SODIUM
1.5 g 5% of a day	27 g 9.2 g saturated 34% of a day	450 mg 19% of a day

Energy from net carbs 2% · protein 34% · fat 64% — fits keto: 2.1 g net carbs, 64% of the energy from fat

High in (20%+ of a day) Vitamin B12 101% · Zinc 71% · Selenium 57% · Vitamin B6 22%

Source of (10–19%) Iron 19% · Omega-3 17% · Vitamin E 12%

Recipe and video: Keto Connect (@KetoConnect) on YouTube — youtube.com/watch?v=_7FN6OWdZqI, published 4 June 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-indian-beef-curry