THAI · DINNER

Panang Curry Beef (Phanaeng Neua)

30 min · Serves 3 · 493 kcal a serve · Video 10:18 · Pailin's Kitchen

Gluten-free ingredients · No dairy listed

A quick, thick Thai curry of thin-sliced steak in a peanut-enriched panang sauce: about 25 g protein a serve, rich in zinc and vitamin B12, with about 6 g added sugar.

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Ingredients 12 · SERVES 3

- [ ] 11 oz **tender steak** (such as New York strip or flank), very thinly sliced against the grain
- [ ] 1½ tsp **fish sauce** for the beef, plus about 1 tsp more to taste
- [ ] 2 tsp **oil**
- [ ] 1¼ cups **coconut milk** (¾ cup + ½ cup)
- [ ] 3–4 tbsp **Thai red curry paste**
- [ ] ¾ tsp **cumin seeds**, toasted
- [ ] 1½ tsp whole **coriander seeds**, toasted
- [ ] 2 tbsp **unsalted roasted peanuts**
- [ ] 1 tsp **fermented shrimp paste** (optional)
- [ ] 10 **kaffir lime leaves** (7 torn, 3 finely julienned)
- [ ] 1½ tbsp **palm sugar**, finely chopped and packed
- [ ] **red capsicum** (or mild red spur chilli), a handful, thinly julienned (optional)

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

Allergens found in the listed ingredients: Crustacea, Fish, Peanut. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Make the paste: grind the toasted cumin and coriander seeds very finely in a mortar, add the peanuts and grind fine, then pound in the red curry paste (and shrimp paste if your paste has none). 0:58
2. Massage the thinly sliced beef with 1½ tsp fish sauce and the oil so the slices don't stick together. 3:57
3. In a wok over medium-high heat, boil ¾ cup coconut milk until thick and bubbly at the edges. Add the paste, lower the heat and fry, stirring, until the coconut oil separates. 4:30
4. Add the palm sugar and torn lime leaves and fry about a minute until the sugar dissolves. 5:37
5. Add the beef, separate the slices and toss over higher heat. When it is about half cooked, add the remaining ½ cup coconut milk and stir until the beef is just done; add a splash of water if dry. 6:07
6. Turn off the heat, stir in the red pepper, taste and adjust with fish sauce. Top with the julienned lime leaves (leave the big torn pieces on the plate). 7:32

> **Tip** The cook says this serves 2–3 with jasmine rice; we count 3. Store-bought pastes vary in salt, so taste before adding the extra fish sauce. Keeps well overnight.

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

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
493 kcal	**25** g	**14** g	**1.7** g	**39** g	**960** mg
2,060 kJ	50% of a day	12 g net · 7.8 g sugars 5% of a day	6% of a day	24 g saturated 50% of a day	42% of a day

Energy from net carbs 10% · protein 20% · fat 70% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 54% · Vitamin B12 48% · Zinc 45% · Vitamin B6 36% · Iron 33% · Magnesium 21% · Omega-3 20%

Source of (10–19%) Vitamin C 19% · Potassium 14% · Vitamin E 12% · Folate 12%

Recipe and video: Pailin's Kitchen (@PailinsKitchen) on YouTube — youtube.com/watch?v=27ryBFN7_go, published 15 February 2019. 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/panang-beef-curry