

Dinner

Curry Chow

Ingredients:

Lean minced beef or (veal, lamb, chicken, turkey)

(first week: 280g beef= 43g protein), 195g = 30g, 130g = 20g.

1 cup finely chopped bok choy, beans, broccoli, carrot and onion
1-1/2 cups vegetable stock
2 tsp. curry powder
1 tsp. sweet paprika powder
Sea salt and pepper to taste
Olive oil cooking spray
sprinkling of fresh chopped coriander and chives

Method:

Spray coat frypan with Olive oil cooking spray

Brown meat over moderate heat

Then add stock, curry powder, paprika, Sea salt, pepper and chopped vegetables

Turn heat down to low, continue cooking until vegetables tender (stirring occasionally)

When ready to serve, garnish with fresh chopped coriander and chives