CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Beef Curry

Warm Recovery & Mineral Support

www.consciousrewire.com

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What This Supports

Supports recovery through protein, fats, and warming spices.

Why It Works

Coconut-based liquids add fats for satiety while spices support digestion.

Ingredients

Beef Curry

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-3 tbsp ghee

-4 tbsp red Thai chili paste

can coconut water (add coconut cream if you have it)

lb steak, cut into cubes

head cauliflower, shredded

/2 bunch kale, cut into bite sized pieces

Olive oil

Yellow tomato

Cilantro

Flaked salt

Cinnamon

Directions

can coconut water (add coconut cream if you have it)

. Heat ghee in pan and add chili paste. Stir for 30 seconds and add coconut water.

. Summer 5-15 minutes and add in cubed steak. Simmer for an additional 10-15 minutes (until steak is cooked), stirring occasionally.

. Add in cauliflower and kale, stirring to combine.

. Cook for an additional few minutes, until kale turns deep green.

Best Use

Well suited for colder days or recovery meals.

Food Notes & Safety

Reheat gently to avoid splitting coconut.

Storage & Reheating

Refrigerate up to three days or freeze.