

Beef Medallions with Curry Cream Sauce (African Curry)

Yield: 2 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/curry-beef-recipe-jamaican>

Ingredients:

- 12 ounces beef medallions each about 3/4 inch thick
- cracked pepper
- sea salt
- canola oil for brushing
- 1/4 cup shallot minced
- 1 1/2 teaspoons curry African
- 1/3 cup dry white wine
- 1/3 cup low sodium chicken broth
- 2 tablespoons whipping cream

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 120 milligrams
4. Fat: 44 grams
5. Fiber: 1 grams
6. Protein: 36 grams
7. SaturatedFat: 14 grams
8. Sodium: 490 milligrams

Thank you for visiting our website. Hope you enjoy Beef Medallions with Curry Cream Sauce (African Curry) above. You can see more 15 curry beef recipe jamaican Prepare to be amazed! to get more great cooking ideas.