

# Cauliflower and Braising Ribs Curry

Yield: 4 min  
Total Time: 220 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-braising-ribs-chinese>

## Ingredients:

- 2 pounds braising ribs beef
- 1 teaspoon Garam Masala
- 1 onion chopped
- 1 tablespoon red curry paste
- 2 tablespoons tomato paste
- 4 garlic cloves minced
- 14 ounces coconut cream
- 4 cups meat stock
- 1 tablespoon fish sauce
- 1 head cauliflower separated into florets
- 3 green onions chopped
- 2 bay leaves
- 1/2 cup basil chopped
- 1 tablespoon vegetable oil
- salt
- pepper

## Nutrition:

1. Calories: 1340 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 170 milligrams
4. Fat: 120 grams
5. Fiber: 7 grams
6. Protein: 45 grams
7. SaturatedFat: 67 grams
8. Sodium: 1250 milligrams
9. Sugar: 8 grams

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