

Arab-style Gluten-Free Beef with Carrots

This flavorful Arab-inspired main dish combines tender beef and carrots in a gluten-free sauce, creating a delicious and wholesome meal.



Main Dish

Arab

30 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- Ingredients for 1 person:
- 200g beef, thinly sliced
- 1 large carrot, julienned
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon paprika
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)

Steps

- 1 Heat olive oil in a pan over medium heat.
- 2 Add minced garlic and sauté until fragrant.
- 3 Add the beef slices and cook until browned.
- 4 Add the julienned carrot and continue to cook for a few minutes.
- 5 In a small bowl, mix together the ground cumin, coriander, cinnamon, paprika, salt, and pepper.
- 6 Sprinkle the spice mixture over the beef and carrots. Stir well to coat everything evenly.
- 7 Reduce the heat to low and let the flavors meld for about 10 minutes.
- 8 Serve the Arab-style gluten-free beef with carrots over a bed of rice or with your favorite gluten-free bread. Garnish with fresh parsley.