

Low-Carb Chilli Beef Skillet with Pumpkin & Kale

Hands-on 20 minutes Overall 20 minutes

Nutritional values (per serving): Total carbs: 11.7 g, Fiber: 2.8 g, **Net carbs: 8.9 g**,

Protein: 24.1 g, Fat: 38.6 g, Calories: 490 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

- 1 tbsp [ghee](#) or butter (15 ml)
- 500 g ground beef (1.1 lb)
- 3 medium spring onions, chopped (45 g/ 1.6 oz)
- 1/2 medium red pepper, sliced (60 g/ 2.1 oz)
- 1/2 medium yellow pepper, sliced (60 g/ 2.1 oz)
- 2 garlic cloves, minced
- 2 small chile peppers (10 g/ 0.3 oz)
- 2 tbsp grated ginger (12 g/ 0.4 oz)
- 1 tbsp chopped lemongrass (5 g/ 0.2 oz)
- 1 tsp paprika
- 1 1/2 cups diced pumpkin (175 g/ 6.2 oz)
- 1 tbsp [ghee](#) or butter (15 ml)
- 2 cups shredded kale (100 g/ 3.5 oz)
- 1/2 cup sugar snap peas, split (30 g/ 1.1 oz)
- 1 tbsp [toasted sesame oil](#) (15 ml)
- 1 tsp chili oil or [extra virgin olive oil](#) (15 ml)
- 1 tbsp fresh lime juice (15 ml)
- 1 tsp [fish sauce](#)
- 1 tbsp [coconut aminos](#) (15 ml)
- salt and pepper, to taste

To Serve

- 3 tbsp chopped fresh coriander (12 g/ 0.4 oz)
- 1 tbsp [sesame seeds](#) (9 g/ 0.3 oz)
- Optional:* few lime wedges

Instructions

1. Grease a skillet with ghee. Once hot, place the beef in the skillet and fry on a medium heat for 5 - 6 minutes until brown and the

juices evaporate.

2. Add the peppers, spring onions, chili, garlic, ginger, lemongrass and paprika. Stir fry for a further 2 - 3 minutes. Place to one side.
3. Add the butter to the empty skillet and sauté the pumpkin for 4 - 6 minutes until *el dente*.
4. Add the beef mixture back to the pan. Add about 5 tablespoons of water, and the kale and sugar snap peas. Cook for 2 - 3 minutes until the kale wilts. (Option to add a lid to steam it slightly.)
5. Remove from the heat and stir through the lime, toasted sesame oil, olive or chili oil, coconut aminos, fish sauce, salt and pepper to taste. Top with fresh coriander, sesame seeds and optional lime.
6. Tastes best when served fresh. To store, let it cool down and refrigerate for up to 4 days, or freeze for up to 3 months.

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