



Curries and Tagines

PREP TIME 20 MIN | COOK TIME 3 HOURS | SERVES 10

SLOW COOKED BEEF MADRAS, ROASTED CASHEWS, CORIANDER

Method

1. Heat half the oil in a large, heavy-based, pan over medium high heat. Season beef with salt and pepper. Cook beef in batches, for 5–6 minutes or until browned. Set aside.
2. Heat remaining oil in pan over high heat. Add onion, garlic, ginger, cardamom pods and curry paste. Cook, stirring, for 3–5 minutes or until fragrant. Return beef to dish. Add crushed tomatoes, tomato paste and stock, stir to combine. Cover and bring to the boil, reduce heat to a medium-low heat, cook for 2–2 ½ hours or until beef is tender.
3. Remove and discard cardamom. Stir in roasted kumara and spinach. Garnish with cashews and coriander.
4. To serve: saffron rice, broccoli & kale and roti.

INGREDIENT LIST

Beef

- 1.5kgs beef chuck steak, trimmed, cut into 3cm cubes

Other ingredients

- Salt and pepper to season
- 60mls vegetable oil
- 180g brown onions, chopped
- 20g crushed garlic
- 15g grated ginger
- 8 cardamom pods, bruised
- 120g madras curry paste
- 800g crushed diced tomatoes
- 25g tomato paste
- 500mls stock
- 700g kumara, peeled, cut into 3cm cubes, roasted
- 200g baby spinach leaves
- 80g roasted cashews, chopped
- 125g coriander, leaves picked

Serving Suggestions

- Saffron Rice, Roti
- Blanched Broccoli & Kale

