



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 cardamon. 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

