FROM OUR KITCHEN

Beef Massaman curry with winter vegetables



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	30 min	40 min	4

01 Ingredients

- [ ] 400 g rump steak, trimmed and cut into 2cm dice
- [ ] 1.3 cup massaman curry paste
- [ ] 1.2 cup spring onion (plus extra to serve)
- [ ] 1 tbsp finely chopped coriander stalk
- [ ] 1 tbsp freshly grated ginger
- [ ] 400 g parsnip, chopped into 2cm pieces
- [ ] 400 g sweet potato, chopped into 2cm pieces
- [ ] 1.5 1.5 cups shredded kale
- [ ] 800 800 ml coconut milk
- [ ] 2 2 tsp fish sauce
- [ ] 1 1 lime
- [ ] 1.2 1/2 cup coriander leaves (to garnish)

02 Step-by-step method

01 Mix the diced beef with 1 tbsp curry paste. Heat a large non stick pan on medium high heat.

02 Once the pan is hot add the beef and brown each side. This should take 2 minutes. Once brown, add the remaining curry paste and all the vegetables. Toss to coat the vegetables in the curry paste and cook for 2 minutes until the paste becomes very fragrant. Add the coconut milk and bring to a simmer. Cook for 20 minutes or until the beef is tender.

03 Add the fish sauce and the juice of half a lime. The sweetness of the vegetables should have sweetened the curry enough but if you feel the balance is till off add a little coconut sugar.

04 Serve the curry over brown rice garnished with spring onion and coriander leaves. Cut the other half of the lime into wedges and serve alongside it.