FROM OUR KITCHEN

Beef, pineapple and pumpkin curry



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	20 min	30 min	4

01 Ingredients

- [ ] 360 g beef blade
- [ ] 2 tsp vegetable oil
- [ ] 1 garlic clove, minced
- [ ] 1 white onion, diced into large cubes
- [ ] 1 tbsp coriander root, finely chopped
- [ ] 2 kaffir lime leaves
- [ ] 1.4 of a whole pineapple, cubed
- [ ] 400 ml coconut cream
- [ ] 3 tsp yellow curry paste
- [ ] 1 cup coriander, loosely packed

02 Step-by-step method

01 Slice the beef blade into strips and heat a pan with vegetable oil. Add the large onion, coriander root and garlic clove and cook for 1 min. Then add the beef and cook for a further 2-3 mins until golden brown.

02 Meanwhile cube the eggplant and pumpkin into small cubes and add to the pot. Cook for a further 2 mins, then add the curry paste, coconut milk and kaffir lime leaves.

03 Add the cubed pineapple and leave to gently simmer for 10 mins. Meanwhile cook the jasmine rice, follow the packet instruction.

04 In a separate pan heat the desiccated coconut in a pan until golden and toss through the estranged jasmine rice. Garnish with fried shallots before serving.

03 Chef's tips

- Alternatively use beef rump, sirloin or mince to make this curry.

- Other curry pastes can be used to substitute the yellow paste you will find them in most supermarkets.

- When serving your curry try adding garnishes like picked coriander, fried shallots, diced onion or toasted coconut.