



ONE POT BEEF CURRY

A delicious and hearty dish that the whole family can enjoy.



NORMAL



15



1 HR 30MIN



4

Ingredients

- 1 tablespoon rice bran oil
- 600 g chuck steak (or gravy beef), cubed
- 1 large onion, chopped
- 3 garlic cloves, crushed
- 20 g fresh ginger, peeled, thinly sliced
- 2 tbsp mild Indian curry powder
- 2 cup (500mL) boiling water
- 400 g can light coconut milk
- 1 pot Continental Stock Pot Sensations Beef Stock Pot
- 200 g fresh baby spinach leaves
- 1/3 cup toasted flaked almonds
- 1/3 cup fresh coriander

Instructions

1. Heat oil in a large heavy based flameproof casserole dish over high heat. Add beef. Cook, turning occasionally, until browned.
2. Add onions, garlic, ginger and curry powder. Reduce heat to medium-low and cook, stirring regularly, for 5 minutes until onions have softened.
3. Add boiling water and coconut milk. Bring to a rapid simmer. Stir in stock pot until dissolves.
4. Reduce heat to low. Cover and simmer for 1.5 hours, stirring occasionally so the food doesn't stick (add a little hot water if it is sticking) or until meat is tender.
5. Stir in spinach, until just wilted. Garnish with almonds and coriander. Serve with naan bread.