



FOR the  
Little ones

Rice &  
Sauce



cuBED Steak, cooked  
Potatoes AND CARROT

# SPeEDY Beef MaSSaman

A speedy twist on the classic family-friendly Massaman beef curry served over jasmine rice finished with crunchy peanuts.

 30 Minutes

 2 Servings

 Beef

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	34g	83g

## FROM YOUR BOX

MASSAMAN CURRY PASTE	1 sachet
COCONUT MILK	400ml
MEDIUM POTATO	1
CARROT	1
JASMINE RICE	150g
LEMONGRASS	1
BEEF STEAKS	300g
PEANUTS	40g
LIME	1

## FROM YOUR PANTRY

oil for cooking, pepper, soy sauce

## COOKING TOOLS

saucepan x 2, frypan

You can finely chop the lemongrass and add to the steaks or curry if you prefer!

### Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



### 1. SIMMER the CURRY Sauce

Add **Massaman paste, coconut milk** and **1/4 tin water** to a saucepan over medium heat. Cut **potato** and **carrot** into 2cm pieces. Simmer for 15-20 minutes or until tender. Stir occasionally.



### 2. COOK the Rice

Place **rice** in a saucepan, cover with **275ml water**. Bruise and add **lemongrass**. Bring to a boil. Cover and reduce to medium-low heat for 10-15 minutes. Remove from heat, uncover and stand for 5 minutes. Stir with a fork.



### 3. COOK the Steaks

Heat frypan with **oil** over medium-high heat. Coat **steaks** in **1/2 tbsp soy sauce** and **pepper**. Cook for 2-3 minutes on each side or until cooked to your liking. Set aside to rest.



### 4. PREPARE the TOPPINGS

Roughly chop **peanuts** and cut **1/2 lime** into wedges.



### 5. RETURN the Steaks

Slice or dice the **steaks**. Add into **curry** (include any **resting juices**) to warm through. Take off heat and season to taste with **juice from 1/2 lime, soy sauce** and **pepper**.



### 6. FINISH AND SERVE

Serve **rice** in shallow bowls and top with **beef** and **curry**. Garnish to taste with **peanuts** and top with a **lime wedge**.

**tip** You can serve the steaks whole alongside rice and curry sauce.