



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



4/6 Servings



Beef

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	29g/34g	77g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
MASSAMAN CURRY PASTE	2 sachets	2 sachets
COCONUT MILK	400ml	2 x 400ml
MEDIUM POTATOES	2	3
CARROTS	2	3
JASMINE RICE	300g	300g + 150g
LEMONGRASS	1	1
BEEF STEAKS	600g	600g + 300g
PEANUTS	40g	2 x 40g
LIME	1	2

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce

COOKING TOOLS

saucepan x 2, large 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 tin water** to a saucepan over medium heat. Cut **potatoes** and **carrots** into 2cm pieces. Simmer for 15-20 minutes or until tender. Stir occasionally.

6P - use **1/2 tin water**.

tip You can start with 1 sachet of curry paste to play it safe!



4. PREPARE the TOPPINGS

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

6P - roughly chop peanuts and cut **1 lime** into wedges.



2. COOK the Rice

Place **rice** in a saucepan, cover with **550ml 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.

6P - cover rice with **775ml water**.



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**.

6P - season curry with juice from **1 lime, soy sauce and pepper**.



3. COOK the STEAKS

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

6P - coat steaks in **1 1/2 tbsp soy sauce and pepper**. Cook in batches.



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**.