



Product Spotlight: Curry Leaf

Curry leaves come from a tree in the citrus fruit family. When cooked, they release a deliciously nutty aroma and are a staple in South Indian cooking.



Beef Madras with Bombay Potatoes

A fragrant and warming beef madras, simmered with creamy coconut milk, served over Bombay baby potatoes and served with crispy curry leaves.



35 minutes



2 servings



Beef

Spice it up!

To spice it up, serve this dish with a sprinkle of dried chilli flakes or ground chilli or slices of fresh green chilli! You can also add these or chilli paste into the curry, but remember that cooking chilli will only increase the heat!

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
| | 34g | 59g | 44g |

FROM YOUR BOX

| | |
|--------------------|----------|
| BABY POTATOES | 400g |
| BEEF MINCE | 250g |
| BROWN ONION | 1 |
| TOMATOES | 2 |
| MADRAS SPICE PASTE | 1 sachet |
| COCONUT MILK | 165ml |
| CURRY LEAF | 1 frond |
| RAITA SPICE MIX | 1 packet |
| BABY SPINACH | 120g |
| LEBANESE CUCUMBER | 1 |

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

Boil kettle and cover with hot water to speed up the process.

Raita spice mix: black mustard seeds, fennel seeds, cumin seeds, flaked sea salt



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1. BOIL THE POTATOES

Halve **potatoes**. Place in a large saucepan and cover with water (see notes). Cover and bring to a boil. Simmer for 10–15 minutes until tender. Drain well and reserve saucepan (see step 4).



2. BROWN THE BEEF

Heat a large frypan over medium-high heat. Add **beef mince** and sliced **onion**. Cook for 5–7 minutes until **mince** is browned and **onion** has softened.



3. SIMMER THE MADRAS

Wedge **tomatoes**, add to **beef mince** along with **madras paste**. Sauté for 2 minutes. Pour in **coconut milk** and **1 1/2 tins water**. Cook, semi-covered, for 10 minutes.



4. CRISP THE POTATOES

Reheat saucepan over medium-high heat with **oil**. Add **curry leaves** and cook for 1–2 minutes until crispy. Remove to a plate. Add **1/4 cup oil**, **potatoes** and **raita spice mix**. Cook for 10 minutes until crispy.



5. ADD THE SPINACH

Add **baby spinach** to madras. Stir to wilt. Season madras to taste with **salt and pepper**.



6. FINISH AND SERVE

Crescent **cucumber**.

Divide **Bombay potatoes** among shallow bowls. Add **madras**. Garnish with crispy **curry leaves** and **cucumber**.

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