



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



4/6 servings



Beef

Spice it up!

To spice it up, serve this dish with your 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
4/6 Person:	40g	33g/43g	29g/33g

FROM YOUR BOX

	4 PERSON	6 PERSON
BABY POTATOES	800g	1.2kg
BEEF MINCE	600g	600g + 300g
BROWN ONION	1	1
TOMATOES	3	4
MADRAS SPICE PASTE	2 sachets	3 sachets
COCONUT MILK	400ml	2 x 400ml
CURRY LEAF	1 frond	2 fronds
RAITA SPICE MIX	1 packet	1 packet
BABY SPINACH	120g	200g
LEBANESE CUCUMBER	1	2

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).



4. CRISP THE POTATOES

Reheat saucepan over medium 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.



2. BROWN THE BEEF

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



5. ADD THE SPINACH

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



3. SIMMER THE MADRAS

Wedge **tomatoes**, add to **beef mince** along with **madras paste**. Sauté for 2 minutes. Pour in **coconut milk** and **400ml water**. Cook, semi-covered, for 10 minutes.

6P – pour in **2 x coconut milk** and a little **water** if needed.



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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