



Product Spotlight: Lime Leaves

lime leaves, commonly used in Thai cooking, are rich in oils so only a couple of leaves are needed to add a fragrant flavour. Keep an eye out for them in your box as they come loose.



Aromatic Braised Beef Rendang

Beef chuck slow cooked and shredded in an aromatic, home-made rendang curry paste with creamy coconut milk and root veggies, served with basmati rice and fresh toppings.



20 minutes + 4 hours slow cook



Beef



2-3 servings

Add to it!

Want even more flavour in your curry paste? Add a lemongrass stem, red or birds eye chilli and garlic cloves to blend with remaining ingredients.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	54g	50g	69g

FROM YOUR BOX

BEEF CHUCK ROAST	400g
BROWN ONION	1
GINGER	1 piece
LIME LEAF	1
CORIANDER	1 packet
SWEET POTATO	400g
COCONUT MILK	400ml
GREEN BEANS	150g
BASMATI RICE	150g
LEBANESE CUCUMBER	1
DESICCATED COCONUT	1 packet
LIME	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground turmeric, fish sauce (or soy sauce), stock cube of choice

KEY UTENSILS

frypan, slow cooker, small blender, saucepan

NOTES

You can set the slow cooker to a low heat and cook for 6–8 hours instead.

Protein Upsize Option: when adding extra meat, increase liquid in your slow cooker by adding 1/2 cup water to ensure even cooking



1. BROWN THE BEEF

Heat a frypan over medium-high heat. Halve **beef chuck** and coat with **oil, salt and pepper**. Add to pan and cook until browned all over (see step 2). Remove to slow cooker.



2. MAKE THE CURRY PASTE

Peel and roughly chop **onion** and **ginger**. Chop **lime leaf, coriander roots and stems** (reserve the leaves for garnish). Blend with **3 tsp turmeric, 1 tbsp oil and 1 tbsp water** to a paste using a stir mixer or small blender.



3. SIMMER THE SLOW COOKER

Roughly dice **sweet potato**. Add to slow cooker along with **curry paste, coconut milk, 1/2 cup water** and **crumbled stock cube**. Simmer on high for 3 1/2 – 4 hours or until the **beef** is able to be shredded (see notes).



4. COOK THE RICE

When there is 20 minutes left on the slow cooker, trim and halve **green beans**. Add to **curry**.

Place **rice** in a saucepan with **300ml water**. Cover, bring to a boil, then reduce to medium-low for 10–15 minutes. Remove from heat, stand 5 minutes, then fluff with a fork.



5. PREPARE THE TOPPING

Dice **cucumber**. Add to a bowl along with **desiccated coconut, zest and juice from 1/2 lime** (wedge remaining). Season to taste with **1/2–1 tsp fish sauce**. Mix to combine.



6. FINISH AND SERVE

Roughly shred **beef** and season **rendang** to taste with **1–2 tbsp fish sauce** and **pepper**.

Serve **rendang** tableside with **rice, topping, coriander leaves** and **lime wedges**.

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