



**Product Spotlight:
Lemongrass**

To use a whole lemongrass stalk, slice off the very bottom and remove any dried-out layers, then bash the woody top end with a rolling pin to soften and help release of the aromatic oils.



Slow Cook Beef Massaman Curry

Tender pieces of beef, slow cooked in a mild coconut Massaman curry with lemongrass served over basmati rice and finished with fresh coriander.



15 minutes + 4 hours slow cook



2 servings



Beef

Add a little extra!

You can add kaffir lime leaves to the slow cook if you have some! This curry is also delicious garnished with fresh red chilli and chopped roasted peanuts.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	47g	44g	125g

FROM YOUR BOX

MEDIUM POTATOES	2
BROWN ONION	1
TOMATOES	2
CARROT	1
DICED BEEF CHUCK STEAK	400g
MASSAMAN CURRY PASTE	2 sachets
COCONUT MILK	400ml
LEMONGRASS STALK	1
BASMATI RICE	150g
CORIANDER	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, slow cooker, saucepan

NOTES

If your slow cooker has a sauté function, you can sear the meat in the cooker instead of in a frypan. You can set the slow cooker to a low heat and cook for 5–6 hours instead.

You can season the beef with soy sauce or fish sauce if preferred!

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



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1. PREPARE THE VEGETABLES

Roughly dice **potatoes**, **onion** and **tomatoes**. Slice **carrot**. Add all to slow cooker.



2. BROWN THE BEEF

Heat a frypan over medium-high heat with **oil**. Season **beef** with **salt and pepper**. Cook in pan for 2–3 minutes until browned. Add to slow cooker.



3. SIMMER THE SLOW COOK

Stir through **curry paste** and **coconut milk**. Bash the **lemongrass stalk** in several places (see product spotlight) and tuck into beef and vegetables. Simmer on high heat for 3–4 hours until beef is tender (see notes).



4. COOK THE RICE

Place **rice** in a saucepan, cover with **300ml water**. Bring to a boil. Cover with a lid and reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



5. FINISH AND SERVE

Season beef with **salt and pepper** (see notes). Serve with rice and garnish with chopped **coriander**.

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