




### 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

## No slow cooker?

*If you don't have a slow cooker, you can cook this dish in a heavy base pan on the stove. Stir occasionally to prevent the stew from burning on the bottom. You may need to add more liquid as required.*

Per serve: **PROTEIN** 50g **TOTAL FAT** 32g **CARBOHYDRATES** 79g

## FROM YOUR BOX

MEDIUM POTATO	1
BROWN ONION	1
TOMATOES	2
CARROT	1
DICED BEEF CHUCK STEAK	400g
MASSAMAN CURRY PASTE	1 sachet
COCONUT MILK	165ml
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.



### 1. PREPARE THE VEGETABLES

Roughly dice **potato**, **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**.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0440 132 826** or send an email to **hello@dinnertwist.com.au**

