



Product Spotlight: Kaffir Lime Leaves

Kaffir 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



4-6 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 |
|------------|---------|-----------|---------------|
| | 31g | 54g | 65g |

FROM YOUR BOX

| | |
|--------------------|----------|
| BEEF CHUCK ROAST | 800g |
| BROWN ONION | 1 |
| GINGER | 2 pieces |
| CORIANDER | 1 packet |
| KAFFIR LIME LEAVES | 2 |
| SWEET POTATOES | 500g |
| COCONUT MILK | 400ml |
| GREEN BEANS | 250g |
| BASMATI RICE | 300g |
| LEBANESE CUCUMBERS | 2 |
| 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. Quarter **beef** 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

Meanwhile, peel and roughly chop **onion** and **ginger**. Chop **coriander roots and stems** (reserve leaves for garnish), and **kaffir lime leaves**. Add to a blender along with **1 tbsp turmeric, 2 tbsp oil** and **1 tbsp water**. Blend to make a paste.



3. SIMMER THE SLOW COOKER

Roughly dice **potatoes**. Add to slow cooker along with **curry paste, coconut milk, 1 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** and add to slower cooker.

Place **rice** in a saucepan and cover with **600ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



5. PREPARE THE TOPPING

Dice **cucumbers**. Add to a bowl along with **coconut, lime 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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