



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  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
4/6 Person:	53g	29g/35g	59g/64g

FROM YOUR BOX

	4 PERSON	6 PERSON
BEEF CHUCK ROAST	800g	800g + 400g
BROWN ONION	1	2
GINGER	1 piece	1 piece
LIME LEAVES	2	3
CORIANDER	1 packet	2 packets
SWEET POTATOES	400g	800g
COCONUT MILK	400ml	2 x 400ml
GREEN BEANS	250g	250g + 150g
BASMATI RICE	300g	300g + 150g
LEBANESE CUCUMBERS	2	3
DESICCATED COCONUT	1 packet	1 packet
LIME	1	2

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.



4. COOK THE RICE

When there is 20 minutes left on the slow cooker, trim and halve **green beans** and add in.

Place **rice** in a saucepan with **600ml 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.

6P – cover rice with 900ml water.



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 **1 tbsp turmeric, 2 tbsp oil and 1 tbsp water** to a paste using a stir mixer or small blender.

6P – use 1 1/2 tbsp turmeric, 3 tbsp oil and 2 tbsp water.



5. PREPARE THE TOPPING

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

6P – use zest and juice from 1 lime (wedge remaining lime).



3. SIMMER THE SLOW COOKER

Roughly dice **sweet 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).

6P – add 2 x coconut milk and no water.



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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