




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

 4/6 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	TOTAL FAT	CARBOHYDRATES
4/6 Person:	53g	35g/43g	84g/89g

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	3	5
BROWN ONION	1	2
TOMATOES	2	3
CARROTS	2	3
DICED BEEF CHUCK STEAK	800g	800g + 400g
MASSAMAN CURRY PASTE	2 sachets	3 sachets
COCONUT MILK	400ml	2 x 400ml
LEMONGRASS STALK	1	2
BASMATI RICE	300g	300g + 150g
CORIANDER	1 packet	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 **potatoes**, **onion** and **tomatoes**. Slice **carrots**. 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 (cook in batches if needed). 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 **600ml 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.

6P – cover rice with 900ml water.



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**

