Beef and Pumpkin Curry

A tomato base beef curry with pumpkin and kale served over rice. Flavour it your way!

🕐 30 minutes   🍴 4 servings   🥩 Beef

FROM YOUR BOX

BASMATI RICE	300g
BUTTERNUT PUMPKIN	1
BEEF MINCE	500g
TINNED CHOPPED TOMATOES	400g
KALE LEAVES	1 bunch

FROM YOUR PANTRY

oil for cooking, salt and pepper, curry powder or curry paste

NOTES

There are many different curry pastes that will work for this dish! Use any pre-made Indian curry paste such as madras, tandoori, khorma or rogan josh. They will all have different levels of flavour and spice so adjust the seasoning to taste.

If you don't feel like a curry, you can make a stew instead! Flavour the beef with fresh or dried herbs and some ground paprika. Add some dried or tinned lentils.

1. COOK THE RICE

Place rice in a saucepan, 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.

TIP *Add a pinch of ground turmeric or some saffron to make yellow rice.*

2. SAUTÉ THE BEEF AND VEGETABLES

Dice pumpkin (3-4cm). Heat a large saucepan over medium-high heat with **oil**. Add beef and cook for 5 minutes until sealed. Add pumpkin along with **2-3 tbsp curry powder or paste** (see notes).

TIP *You can add onion, zucchini, mushrooms or capsicum for extra vegetables. For flavour you can add ginger, curry leaves, mustard seeds or a cinnamon quill. We used 3 tbsp Indian curry powder.*

3. SIMMER THE CURRY

Pour in chopped tomatoes and **1 1/2 tin (600ml) water**. Cover and simmer for 15-20 minutes until pumpkin is tender. Slice kale leaves (use to taste) and stir through until wilted. Add more water if needed. Season with **salt and pepper** to taste.

TIP *For a creamy curry add some coconut milk or cream. Add a stock cube or tomato paste for more background flavour, we added 1 crumbled chicken stock cube.*

4. FINISH AND SERVE

Serve beef curry with rice.

TIP *Garnish the curry with some chopped coriander or a dollop of yoghurt!*