



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Beef and Pumpkin Curry

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



30 minutes



4/6 servings



Beef

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
BUTTERNUT PUMPKIN	1	2
BEEF MINCE	500g	500g + 250g
TINNED CHOPPED TOMATOES	400g	2 x 400g
BABY SPINACH	120g	120g + 60g

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.

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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.

6P – cover rice with 900ml water.

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).

6P – add pumpkin along with 3-4 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. Stir through **baby spinach** 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!

This recipe has simplified instructions to help lower your meal cost.