



Slow Cook Beef Khorma

Tender slow-cooked beef in a fragrant coconut khorma sauce, served with basmati rice and hearty vegetables.



4 hours 20 minutes



2 servings



Beef

FROM YOUR BOX

BEEF CHUCK ROAST	400g
BROWN ONION	1
CARROT	1
TOMATO	1
KHORMA CURRY PASTE	1 sachet
COCONUT MILK	165ml
BASMATI RICE	150g

FROM YOUR PANTRY

oil for cooking, salt and pepper

NOTES

If you don't have a slow cooker you can cook this dish in a heavy base pan in the oven or stove. Keep on a low heat and lid on. Add more liquid as needed. You can use coconut milk, liquid stock or water.

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 BEEF

Dice **beef chuck roast** (3–4cm). Heat a frypan over high heat with **oil** and sear beef on all sides. Transfer to a slow cooker.

2. PREPARE THE SLOW COOK

Dice **onion**. Cut **carrot** into thick rounds. Wedge **tomato**. Add to slow cooker with **khorma curry paste** and **coconut milk**. Stir to combine. Cook for 5–6 hours on low or 3–4 hours on high, until beef is tender. Season with **salt and pepper** to taste.

TIP *Add some frozen peas or baby spinach to the khorma curry after it is cooked if you would like extra greens.*

3. COOK THE RICE

Place **rice** in a saucepan and cover with **300ml water**. Bring to a boil, cover, and reduce to medium–low heat. Cook for 10–15 minutes. Remove from heat and stand for 5 minutes before fluffing with a fork.

4. FINISH AND SERVE

Serve beef khorma with rice.

TIP *Garnish with fresh coriander, a dollop of yoghurt, and serve with papadums or chutney if desired.*

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