



Massaman is a mild Thai curry which marries local flavours with Middle Eastern spices like cardamom, cumin and cinnamon.

Cooking Time: 30 min | Gluten-Free | Dairy-Free
Cals 1174 | Prot 63 | Carbs 132 | Fat 48

Tips For Fussy Eaters

Save some of the beef and vegetables and prepare a mild stir-fry for them. Serve over cooked rice.

Pro Tip

The trick to perfectly fluffy rice is to thoroughly rinse it first, thereby removing as much starch as possible. Rinse it once, twice or even thrice, and, time permitting, soak it for 30 min before rinsing it a final time.

Ingredients

For 2 For 3 For 4

Curry

Steak strips	350	525	700	Grams
New potatoes	500	500	750	Grams
Shallots	1	1	2	Piece
Carrot	1	2	2	Piece
Lemongrass	1	1	1	Piece
Ginger garlic paste	10	15	20	Grams
Red curry paste	10	20	20	Grams
Turmeric powder	2	2	4	Grams
Cardamom powder	2	2	4	Grams
Cinnamon powder	1	2	2	Grams
Cumin powder	2	4	4	Grams
Peanut butter	30	45	60	Grams
Coconut sugar	10	15	15	Grams
Lime leaves	3	6	6	Piece
Tamarind Paste	15	22	30	Grams
Fish sauce	10	10	20	ML
Dried bay leaves	1	2	2	Piece
Coconut milk	200	400	400	ML
Water	150	100	250	ML

To serve

Jasmine rice	150	225	300	Grams
Water	300	450	600	ML
Salt	0.5	1	1	Tsp
Lime	1	1	2	Piece
Fresh coriander	15	15	15	Grams
Salted peanuts	40	60	80	Grams



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1 Prep

Wash the **potatoes** and chop them into small pieces. Cook in salted boiling water for 12 min. Drain. Meanwhile, peel and chop the **shallots**. Peel the **carrots** and chop into small batons. Finely slice 5/7.5/10 cm of the **lemongrass**. Keep the rest whole.



4 Start curry

Return the pan to a medium heat with another drizzle of vegetable oil. Once hot, add the **shallots** and cook for 3 min. Add the **ginger garlic paste**, sliced **lemongrass**, **red curry paste (spicy!)**, **turmeric**, **cardamom**, **cinnamon** and **cumin**. Cook for 2 min further until fragrant.



2 Fry beef

Pat the **steak strips** dry with kitchen paper. Heat a large non-stick pan with a drizzle of vegetable oil over a high heat. Once hot, add the **steak strips** and fry for 2-3 min. Tip: If the pan is looking crowded, you may wish to fry the **steak strips** in batches. Remove from the pan and set aside. Wipe the pan clean.



5 Simmer

Add the **carrots** and **potatoes**. Cook for 2 min. Add the **steak strips**, **peanut butter**, **coconut sugar**, **lime leaves**, **tamarind paste**, **fish sauce**, **bay leaf**, **coconut milk**, **measured water** and the big piece of **lemongrass**. Cover and simmer for 10 min.



3 Boil rice

Rinse the **jasmine rice**. Add the **rice**, **measured water** and a pinch of **salt** to a pan with a lid and bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.



6 Serve

Slice the **lime** into wedges and chop the **coriander leaves**. Season the **curry** with a squeeze of **lime** juice. Serve the **curry** over the cooked **jasmine rice**. Garnish with the **peanuts**, **coriander** and any remaining **lime** wedges.