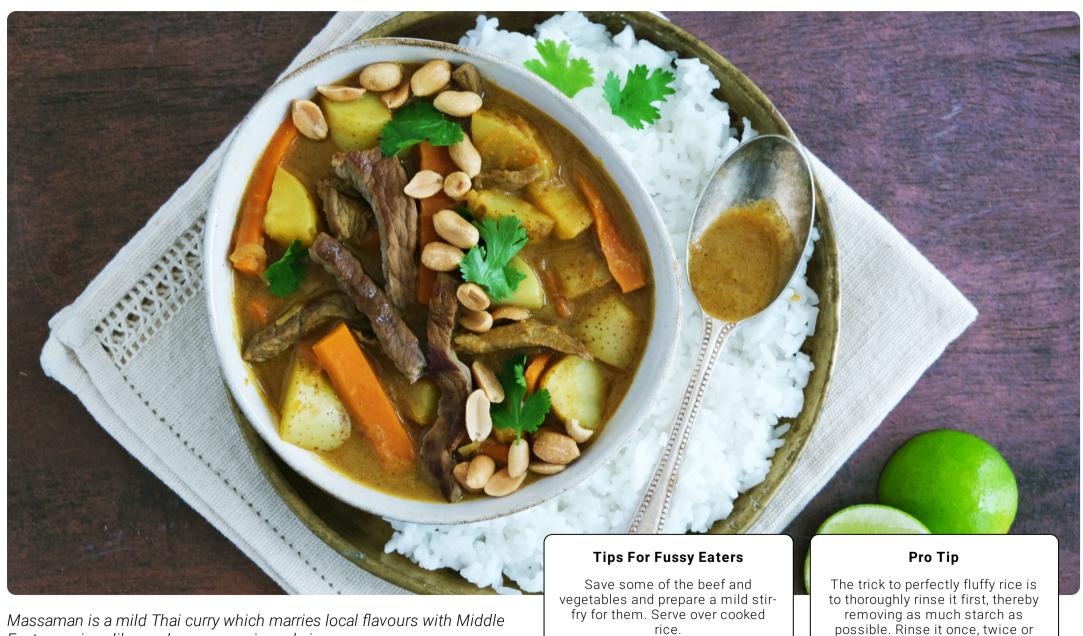
Beef Massaman Curry

with Jasmine Rice



Eastern spices like cardamom, cumin and cinnamon.

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

even thrice, and, time permitting, soak it for 30 min before rinsing it a final time.

Ingredients For 2 For 3 For 4 Curry 525 Steak strips 350 New potatoes 500 500 Shallots 1 1 2 Carrot

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



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.

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 servina.







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.

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

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.

