

Kumara & beef curry



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Preparation: about 20 minutes

Cooking: about 1 hour **Serves:** 4-6

- 2 tbs vegetable oil
 - 1 brown onion, finely chopped
 - 2 garlic cloves, finely chopped
 - 1/3 cup Madras or Rogan Josh curry paste
 - 270ml can coconut cream
 - 600g chuck or round beef steak, roughly diced
 - 8 curry leaves* (optional)
 - 400ml can diced tomatoes
 - 1 cup beef stock
 - 600g kumara (orange sweet potato), peeled, diced
 - 1/3 cup coriander leaves, roughly chopped
- Basmati rice, naan bread and mango chutney, to serve

* Fresh curry leaves are available from select greengrocers. They add an aromatic curry flavour.

1. Heat oil in a large saucepan over medium-high heat. Add onion and garlic and cook, stirring often, for 3 minutes. Stir in curry paste and cook for 1 minute.
2. Scoop thick cream from the top of coconut cream and add to pan. Cook, stirring constantly, for 1 minute or until oil separates. Add beef and cook, stirring often, for 5 minutes.
3. Add curry leaves (if using), tomatoes, stock and remaining coconut cream. Cover and bring to the boil. Reduce heat to low, cover and simmer, stirring occasionally, for 1 hour. Add kumara and simmer, stirring occasionally, for 45 minutes. Stir in coriander. Serve with basmati rice, naan bread and mango chutney.



Kumara

- A source of carbohydrate and has a low glycaemic index (GI), so that its carbohydrate provides long-lasting energy.
- Like other orange coloured vegetables, kumara is rich in beta carotene, which the body converts to vitamin A.
- A very good source of vitamin C, one of the anti-infection vitamins
- A top rating vegetable for vitamin E, which is important to keep all cell membranes healthy.