

Kumara & beef curry



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Preparation 30 mins | Cooking 2 hours | 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 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.

STEP 1 Heat oil in a large saucepan over medium-high heat. Add onion and garlic and cook, stirring often, for 4-5 minutes until softened. Stir in curry paste and cook for 1 minute.

STEP 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.

STEP 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.

Good for you... KUMARA

Like other orange coloured vegetables, kumara is rich in a range of carotenoids, including beta carotene, which the body converts to vitamin A (needed to for normal vision and the structure of our skin). A good source of vitamin C.

