CROOTS
FARM SHOP

Speedy Beef Curry

Ingredients

- 450g thin cut beef steaks, cut into 5cm strips
- 4 teaspoons rapeseed or olive oil
- 1 onion, peeled and sliced
- 2 tablespoons Thai Massaman curry paste or curry paste of your choice
- 400ml can reduced calorie coconut milk

- 2 tablespoons crunchy peanut butter
- 150ml good hot beef or lamb stock
- 450g small new potatoes, unpeeled and cut into quarters
- 25g roughly chopped roasted unsalted peanuts, to garnish (optional)
- Large handful of freshly chopped coriander, to garnish
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Directions

- Heat the half the oil in a large non-stick pan, add the onion and cook for 2-3 minutes.
- Stir in half the curry paste and cook for 1-2 minutes.
- Add the coconut milk, peanut butter and stock to the pan. Bring to the boil. Add the potatoes, season, reduce the heat, cover and simmer for 10-15 minutes, or until the potatoes are cooked.
- In a separate non-stick pan heat the remaining oil, add the beef strips and the remaining curry paste. Stir-fry for 2-3 minutes and add to the coconut and potato mixture.
- Garnish the curry with unsalted roasted peanuts (if used) and freshly chopped coriander (if used). Serve with boiled rice, naan or flatbread and a selection of Indian relishes and chutneys and seasonal vegetables or a side salad.
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