



# Beef & Spinach Curry

SERVES 4

## INGREDIENTS

500g spinach, chopped  
1 tbs olive oil  
1 large onion, finely chopped  
1 ½ tsp crushed garlic  
1 ½ tsp finely grated ginger  
2 green chillies, finely chopped  
2 tsp allspice  
2 tsp ground cumin  
2 tsp ground coriander  
480g lean beef, cubed  
½ cup low salt beef stock  
1 tbs lemon juice  
¼ cup water

## METHOD

1. Using a food processor chop the spinach with ¼ cup of water. Set aside.
2. Heat the oil in a medium saucepan and fry the onion until soft.
3. Add the ginger, garlic, chilli, coriander and spices, stir until fragrant then add the beef in batches and sear on all sides.
4. Return the beef to the saucepan, add the stock, lemon juice, and spinach. Cover, and simmer until beef is tender, about 45 minutes, adding more stock if necessary. Season

