



# Rich Beef Curry

SERVES 4

## INGREDIENTS

- |                                     |  |
|-------------------------------------|--|
| 1 tablespoon extra virgin olive oil | 2 small tomatoes, diced                        |
| 4 x 120g beef (females)             | 400g can crushed tomatoes                      |
| 4 x 220g beef (males)               | 1 small zucchini, halved lengthways and sliced |
| 2 tablespoons garam masala          | ½ red pepper, seeded and diced                 |
| 1 teaspoon turmeric                 | 1 cup beef stock                               |
| 1 teaspoon cumin                    | Fresh coriander to garnish                     |
| 2 red chilli, finely chopped        |  |
| 1 medium onion, sliced              |  |
| 1 teaspoon of grated fresh ginger   |  |
| 2 cloves garlic, crushed            |  |
| 1 tablespoon tomato paste           |  |

## METHOD

1. Heat oil on high in large frying pan or wok and cook beef, spices and chilli until beef is browned all over. Add onion, ginger and garlic and cook until soft.
2. Stir in tomato paste and fresh and canned tomatoes until well combined then add the other vegetables followed by the stock. Bring to the boil then reduce the heat and simmer for 20 minutes, covered until the beef is tender

### Serving suggestion:

Serve on a bed of Cauliflower Rice according to recipe on page 76, garnished with freshly chopped coriander.

