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## Mild Beef Massaman with Almonds & Basmati Rice

A staple favourite from your local takeaway, you may not have turned your hand to whipping up a Massaman curry before. Once you've made this version yourself though, you'll find it hard to return to anything else!

 **Prep:** 15 mins  
 **Cook:** 35 mins  
 **Total:** 50 mins  level 1

### Pantry Items



Olive Oil



Fish Sauce



Brown Sugar



Warm Water



Water



Beef Rump



Brown Onion



Potatoes



Coriander



Garlic



Mild Massaman  
Curry Paste



Coconut Milk



Beef Stock



Basmati Rice



Slivered Almonds

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## QTY

1 tbs	olive oil *
2 steaks	beef rump
1	brown onion, finely sliced
400 g	potatoes, unpeeled & diced into 2 cm chunks
½ bunch	coriander, stalks & leaves roughly chopped separately
2 cloves	garlic, peeled & crushed
1 tub	mild Massaman curry paste
1 tin	coconut milk
2 tsp	fish sauce *
2 tsp	brown sugar *
1 ⅓ cups	warm water * (for the curry sauce)
1 cube	beef stock, crumbled
2 packets	basmati rice, rinsed well
6 cups	water * (for the rice)
1 packet	slivered almonds

## Ingredients

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

## Nutrition per serve

Energy	2090	Kj
Protein	29.7	g
Fat, total	29.8	g
-saturated	14.8	g
Carbohydrate	22.3	g
-sugars	5.9	g
Sodium	996	mg

1



**You will need:** *chef's knife, chopping board, garlic crusher, sieve, deep heavy based saucepan or pot with a lid, tongs, plate, wooden spoon and medium saucepan.*

**1** Heat half the **olive oil** in a deep heavy based saucepan or pot over a high heat. Season the **beef rump steaks** with **salt** and **pepper**, and then cook for **2-3 minutes** on each side (it's ok if the steaks are rare, they will continue cooking in step 3). Set aside on a plate to rest until needed.

2a



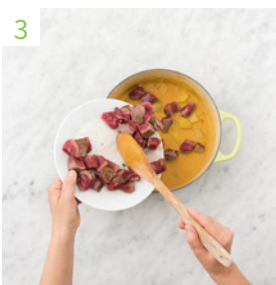
**2** Heat the remaining olive oil (if needed) in the same saucepan or pot. Cook the **brown onion** for **4-5 minutes**, or until softened. Add the **potato** and **coriander** stalks and cook for **5 minutes**, stirring occasionally, until just golden brown on the outside. Add the **garlic** and **mild Massaman curry paste**. Cook for **1 minute**, or until fragrant. Stir to coat the potato. Pour in the **coconut milk**, **fish sauce**, **brown sugar**, **warm water** (for the curry sauce) and crumbled **beef stock cube**. Stir to combine. Bring to the boil and then reduce to a simmer. Cover.

2b



**3** Continue cooking the curry for **10 minutes** with the lid on. Remove the lid and allow the sauce to reduce for a further **10 minutes**, or until thickened and the potato has softened completely. Slice the rested beef steak into 2 cm cubes. Return to the curry to heat through for a further **2-3 minutes**. Season to taste with salt and pepper. Remove from the heat.

3



**4** Meanwhile, place the **basmati rice** and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **8-10 minutes**, or until the rice is soft. Drain.

**5** To serve, divide the basmati rice between bowls. Top with the Massaman curry. Garnish with the coriander leaves and **slivered almonds**. Enjoy!