

## Beef Massaman Curry

A real hearty, mild curry with coconut milk at the heart of it. This is a great winter curry which has potatoes, broccoli and green beans in it.

To feed 4 people you'll need:

- 3 shallots, diced
- 3 garlic cloves, crushed
- 1 stick of lemon grass, roughly chopped
- Inch piece ginger, peeled and roughly chopped
- ½ tsp. cloves
- 1 tsp. coriander seeds
- 2 tbsp. cumin seeds
- 1 stick cinnamon
- 1 tbsp. coconut oil
- 2 red chillies, optional
- 1 tbsp. honey
- 1 400ml tin coconut milk
- 450g diced beef
- 400ml beef stock
- 8 new potatoes, halved
- Handful 200g tender stem broccoli
- 200g green beans, topped and tailed
- Handful of unsalted peanuts

Firstly place the shallots, garlic, lemon grass, ginger and chillies (if you are adding these) into a high powered blender and blitz until you have a paste. If you don't have a blender you could use a pestle and mortar to grind these to a pulp.

Next dry fry the following spices in a frying pan for approx. 3 mins. The smell in your kitchen is going to be amazing! Cloves, cumin seeds, coriander seeds and cinnamon stick.



Add the dry fried spices to your paste and blend again until it is all mixed up well. You'll need a good strong blender for this or a seriously strong arm if you are doing this by hand!

Next, melt the coconut oil in a large pan and fry off the paste you made with the garlic and lemongrass and spices - fry this off for 2 mins before adding your stock and coconut milk. Add the meat and leave to simmer gently for 50mins with the lid on then add your potatoes and simmer for another 10mins. Finally adding your green beans and broccoli for a final 10 minutes. Make sure you check on this regularly if it's looking a little thick at some more stock.

Serve with some brown rice, buckwheat noodles or just as it is with peanuts scattered over the top  
😊 This is filling, nutritious and completely delicious.