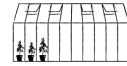


Throw it all in Curry



Jaz Mathisen

AWAKINO STATION

I love making this curry with beef, lamb or venison, however, you can really use any meat. Fish is another great option. The spice list may look long, but it is simple to put together and suits long and slow cooking. It tastes even better when reheated the next day.

Ingredients:

- 1kg boneless meat, or chops
- 1 onion, sliced
- 4 medium potatoes, diced
- Vegetable options:
- 1 cup cauliflower florets
- 2 carrots, sliced
- 1 cup pumpkin/kumara, diced
- 1 cup spinach leaves

Sauce ingredients:

- 1 tin coconut cream
- 2 tbsp fish sauce
- 2 tbsp peanut butter
- 1 tbsp brown sugar
- 1 clove garlic, crushed
- 2 tbsp ground turmeric
- 1 tbsp cumin
- 1 tbsp curry powder
- 2x beef oxo cubes, crushed

Method:

1. Mix all the sauce ingredients directly into your casserole dish or slow cooker - coconut cream, fish sauce, peanut butter, brown sugar, garlic, spices and crushed beef oxo cubes.
2. Dice the meat and add to the sauce along with your vegetables of choice. Stir everything to combine.
3. If cooking in the oven, place the casserole dish into a preheated 140 degree Celsius oven and cook for 3 hours. If cooking in the slow cooker, cook on high for 5 hours or on low for 8 hours.
4. When ready to serve, stir through 1 cup of baby spinach leaves and season well with salt and pepper. Delicious served with rice, a dollop of Greek yoghurt and naan bread for an at-home Indian takeaway.

