



One-Pan Beef Massaman Curry

with Pumpkin and Rice Noodles



Cooking Time



4 Portions

Welcome winter with our special One-Pan recipes of slow-cooked curries, soups and stews that showcase flavoursome cuts of meat for knockout dishes. Make these over the weekend and let their delicious flavours develop overnight for dinner the next day, or pop them on the stove earlier in the evening and kick back on the couch while it does its thing. This week, we bring you rich and creamy Thai ...

What we send

- Thai basil
- beef shin
- coconut milk
- carrots
- Japanese pumpkin
- rice stick noodles
- roasted peanuts ⁵
- massaman curry paste ²

What you'll require

- sea salt and pepper
- vegetable oil
- water

Utensils

- large saucepan

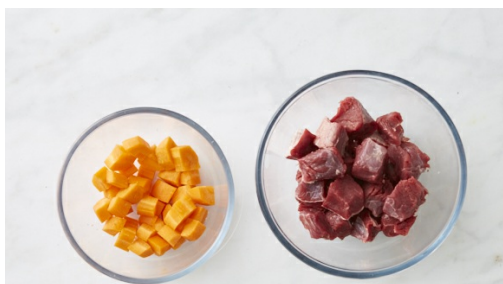
Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Shellfish (2), Peanuts (5). May contain traces of other allergens.

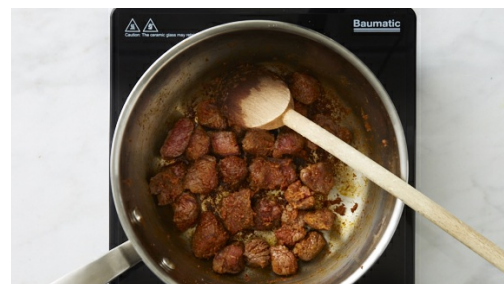
Nutrition per serving

Energy 750.0kcal, Fat 20.5g, Proteins 37.0g, Carbs 100.4g



1. Prepare beef and carrot

Cut the **beef** into 2cm chunks, removing any excess fat. Peel the **carrots**, then quarter lengthwise and cut into 1cm chunks.



2. Brown beef

Heat the **oil** in a large saucepan over medium heat. Add the **curry paste** and cook, stirring, for 1 min or until fragrant. Add the **beef** and cook, turning, for 3-5 mins until browned. Season with **1 tsp salt**.



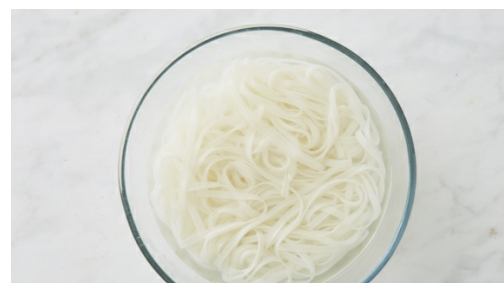
3. Cook curry

Add **coconut milk**, the **water** (see staples list) and **carrot**. Using a wooden spoon, scrape base of the pan to loosen any bits, then stir to combine and bring to the boil. Reduce heat to a simmer, then cover with a lid and cook for 1 hour. Meanwhile, peel **pumpkin**, then cut into 2cm chunks. Pick **Thai basil** leaves, discarding the stems. Coarsely chop the **peanuts**.



4. Add pumpkin

Once **beef** has been cooking for 1 hour, add the **pumpkin**, cover with a lid and return to a simmer. Cook for a further 10-12 mins until the beef and pumpkin are tender.



5. Soften noodles

Meanwhile, put the **noodles** in a large heatproof bowl and cover with boiling water. Cover bowl with a plate and stand for 8-10 mins until noodles soften, separating the noodles occasionally with a fork. Drain noodles in a large sieve.



6. Get ready to serve

Stir **half the Thai basil** into the curry to combine. Divide **noodles** among bowls, top with the curry and scatter over the **peanuts** and the **remaining Thai basil** to serve.