



# MARLEY SPOON



## Beef Rendang

with Sweet Potatoes and Green Beans

 20-30min  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 flavours develop overnight for dinner the next day, or pop them on the stove earlier in the evening and kick back while it does its thing. This week, we bring you beef rendang with potatoes instead of rice t...

## What we send

- beef stir-fry
- sweet potato
- green beans
- coriander
- cornflour<sup>17</sup>
- rendang curry paste

## What you'll require

- sea salt flakes
- vegetable oil
- water

## Utensils

- large saucepan

Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 460kcal, Fat 13.5g, Carbs 47.3g, Proteins 32.8g



### 1. Cut beef and coriander

Cut the **beef** into 2cm chunks, trimming any excess fat. Coarsely chop the **coriander**, including the stems, keeping the leaves and stems separate.



### 2. Brown beef

Heat the **oil** in a large saucepan over medium-high heat. Working in batches if necessary, cook the **beef** for 2-3 mins until browned on all sides. Season with **salt**.



### 3. Add curry sauce

If cooked in batches, return the first batch of beef to the pan. Add the **curry sauce** and **coriander stems**. Fill the empty curry sauce can with the **water** (see staples list), swirl gently to remove excess sauce and add to the pan. Bring to the boil, then reduce heat to a simmer, cover pan with a lid and cook for 45 mins.



### 4. Prepare vegetables

Meanwhile, peel **potatoes**, then cut into 2-3cm chunks. Cut **lime** into wedges. Trim the tops of the **green beans**, then cut into 2cm lengths. After beef has been cooking for 50 mins, add potatoes. Cook, stirring occasionally and ensuring the beef and potatoes are submerged as much as possible, for a further 20 mins or until potatoes are just tender.



### 5. Add beans

Add **green beans** to the rendang and cover pan with a lid. Cook for a further 8-10 mins until the beans are tender and the sauce has thickened.



### 6. Get ready to serve

Stir **half the coriander leaves** into the rendang and season to taste with salt. Lightly mash a few potatoes into the sauce to thicken slightly. Divide rendang among bowls and scatter over the **remaining coriander leaves**. Serve with **lime wedges**.