

# MARLEY SPOON



## Indian Beef Stir-Fry

with Tomatoes and Coriander Yoghurt



30-40min



4 Portions

Enjoy curry in the summer season with this fragrant version that screams flavour but isn't weighed down by a heavy sauce. Beef is flashed in a hot pan, then stir-fried with tandoori spice, fresh tomatoes and onion. Serve with steamed basmati rice and a cooling yoghurt raita for the perfect midweek treat.

## What we send

• 7

## What you'll require

- salt and pepper
- water

## Utensils

- large deep frypan
- medium saucepan with lid

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

## Cooking tip

The beef stir-fry is best with hot and fast cooking, so get your pan hot and ensure you adhere to the cooking times.

## Allergens

Milk (7). May contain traces of other allergens.

## Nutrition per serving

Energy 735kcal, Fat 21.9g, Carbs 74.6g, Proteins 54.1g



### 1. Indian Beef Stir-Fry

Bring a small saucepan of water to the boil. Combine the **tandoori paste** and **beef** in a large bowl. Add the **peas** to the boiling water, cook for 2 mins. Drain.



### 2. Cook rice

Rinse the **rice** until the water runs clear. Put in the small saucepan with **450ml water**, cover and bring to a simmer over medium heat. Reduce heat to low and cook for 12 mins or until tender and the water has absorbed. Remove from the heat and stand, covered, for at least 5 mins.



### 3. Stir-fry beef

Meanwhile, coarsely chop the **tomatoes**. Thinly slice the **onion**. Finely chop the **coriander**, including the stems. Heat **2 tbs grapeseed oil** in a large deep frypan over high heat. Separate the **beef**. Stir-fry the beef, in two batches, for 1-2 mins until browned. Remove from the pan.



### 4. Add vegetables

Reduce the heat to medium. Add **1 tbs grapeseed oil** to the pan then cook the **onion**, stirring, for 2 mins or until softened. Add the **tomatoes** and **125ml (½ cup) water**, bring to a simmer and cook for 2-3 mins until slightly thickened.



### 5. Add peas

Return the **beef** and any resting juices to the pan with the **peas**. Cook, stirring, for 1 min or until heated through. Season with **salt and pepper**. Remove from the heat.



### 6. Get ready to serve

Stir the **coriander** through the yogurt. Divide the **rice** and **beef mixture** among bowls. Spoon over the **coriander yogurt** to serve.