

# DINNERLY



## Beef and Pumpkin Rendang with Steamed Rice

 30-40 minutes  4 Servings

This Indonesian rendang will be an instance hit in your household with silken coconutty sauce coating tender beef and sweet pumpkin.

### WHAT WE SEND

- 300g jasmine rice
- beef stir-fry
- 95g rendang curry paste
- coriander
- 400ml coconut milk
- 400g Japanese pumpkin

### WHAT YOU NEED

- boiling water
- garlic clove
- sugar
- vegetable oil
- white vinegar

### TOOLS

- medium saucepan with lid
- sieve

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

### ALLERGENS

May contain traces of allergenic ingredients.

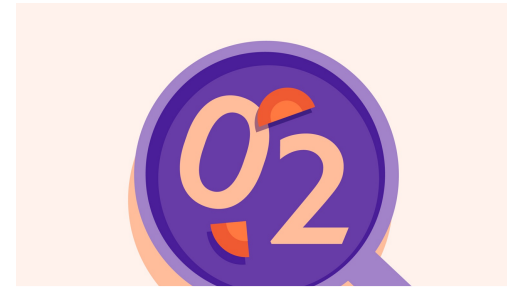
### NUTRITION PER SERVING

Energy 815kcal, Fat 32.9g, Carbs 73.4g, Proteins 50.6g



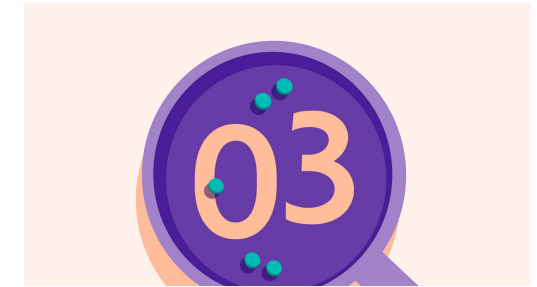
#### 1. Cook rice

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



#### 2. Prep ingredients

Crush or finely chop **3 garlic cloves**. Peel and cut the **pumpkin** into 2-3cm chunks. Pick the **coriander** leaves and finely chop the stems.



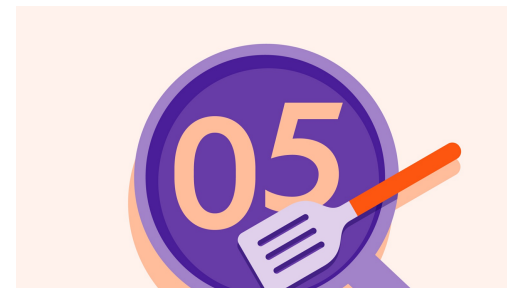
#### 3. Brown beef

Heat **2 tbs vegetable oil** in a large deep frypan over high heat. Stir-fry the **beef, garlic, coriander stems** and the **rendang paste** for 2-3 mins until fragrant and browned. Remove from the pan. Add the **pumpkin** to the pan and stir-fry for 1 min.



#### 4. Simmer curry

Add the **coconut milk, 500ml (2 cups) boiling water, 1 tbs white vinegar** and  $\frac{1}{4}$  **tsp sugar**. Bring to the boil, then reduce the heat to medium and cook, covered, for 6-8 mins until pumpkin is almost tender. Add the **beef** and cook for a further 5 mins or until the pumpkin is tender and the sauce is thickened.



#### 5. Serve up

Remove the pan from the heat. Taste, then season with **salt and pepper**. Divide the **rice** among bowls, spoon over the **rendang**, scatter with the **coriander leaves** and enjoy.



#### 6. Make it yours

If you have fresh lime on hand, cut into wedges and serve with the rendang to squeeze over.