



READY TO COOK
BY HARRIS FARM

BEEF OYSTER BLADE VINDALOO WITH TOMATO & CUCUMBER YOGHURT SALSA



PREP
15 min



COOK
2 hrs



SERVES
4

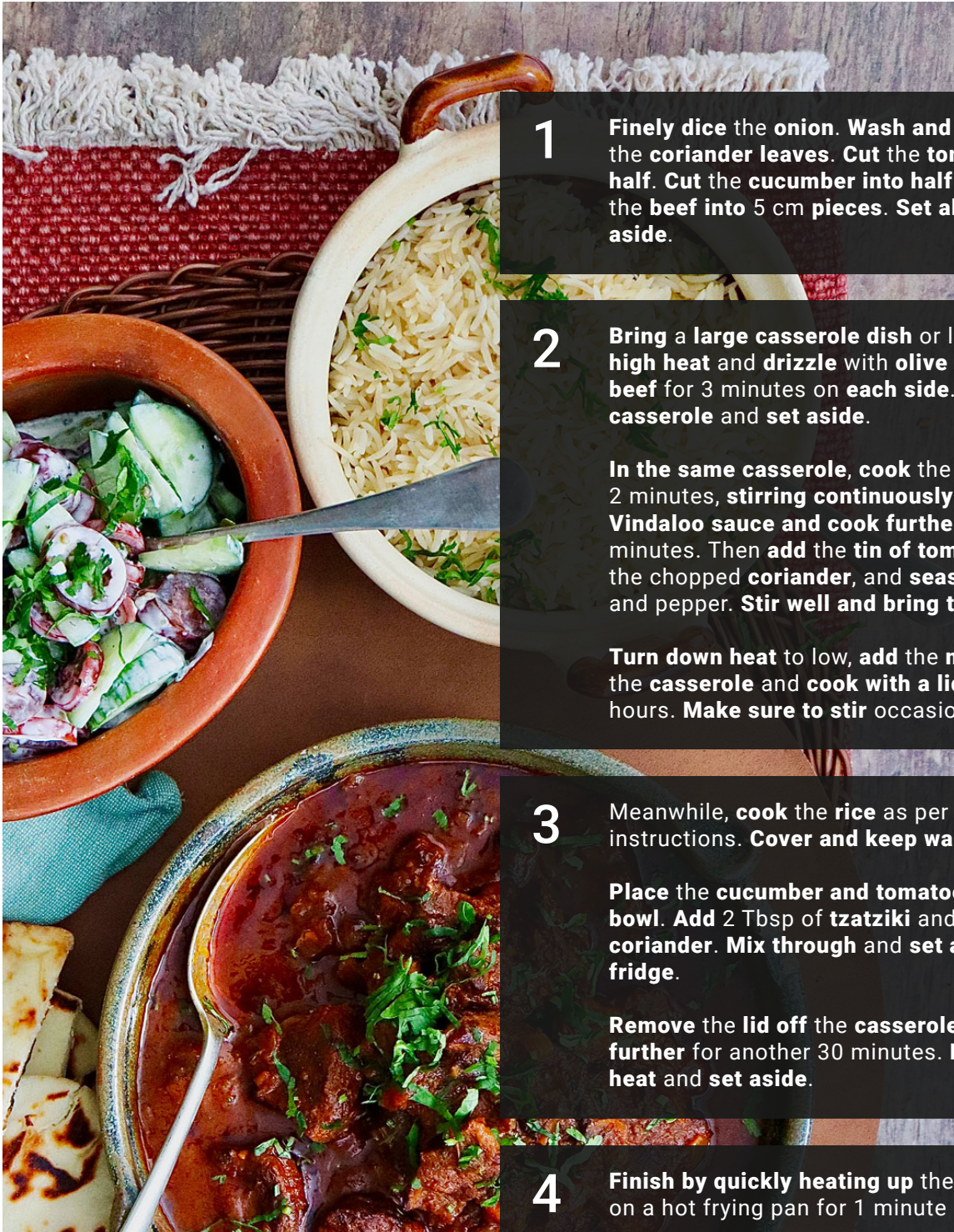
INGREDIENTS:

- > 1 Brown Onion
- > 250g Tzatziki
- > ½ Coriander Bunch
- > 280g Naan Bread (4 Pieces)
- > 200g Kumato Tomatoes
- > 1 Lebanese Cucumber
- > 400-500g Beef
- > 500g Vindaloo Sauce
- > 400g Chopped Tomatoes
- > 2 Cups Parboiled Basmati Rice

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper

METHOD – GET COOKING!



1 Finely dice the onion. Wash and finely chop the coriander leaves. Cut the tomatoes in half. Cut the cucumber into half-moons. Cut the beef into 5 cm pieces. Set all ingredients aside.

2 Bring a large casserole dish or large pan to high heat and drizzle with olive oil. Sear the beef for 3 minutes on each side. Remove from casserole and set aside.

In the same casserole, cook the onions for 2 minutes, stirring continuously. Add the Vindaloo sauce and cook further for 2-3 minutes. Then add the tin of tomatoes, half of the chopped coriander, and season with salt and pepper. Stir well and bring to the boil.

Turn down heat to low, add the meat back to the casserole and cook with a lid on for 1 ½ hours. Make sure to stir occasionally.

3 Meanwhile, cook the rice as per packet instructions. Cover and keep warm.

Place the cucumber and tomatoes in a serving bowl. Add 2 Tbsp of tzatziki and some of the coriander. Mix through and set aside in the fridge.

Remove the lid off the casserole and cook further for another 30 minutes. Remove from heat and set aside.

4 Finish by quickly heating up the Naan bread on a hot frying pan for 1 minute on each side.

Serve beef vindaloo with tomato cucumber yoghurt, basmati rice, naan bread and extra yoghurt dip. Garnish with additional chopped coriander.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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