

- Easy 'No Sweat' Recipe -

Hot & Spicy Beef Vindaloo

A full flavoured curry that can easily be modified to suit vegetarians with some tofu and chick peas!

** Use 1 tbsp spice for a less spicy version or up to 3 tbsp if you can stand the heat.*

Serves 4 people

- 1 large onion, peeled and sliced into thin wedges
- oil, for browning
- 1 lb (500 g) stewing beef, cut into small cubes
- 2 cloves garlic, minced
- 1-inch piece fresh ginger, peeled and finely chopped
- 1-3 tbsp **Moose of Mumbai Hot Indian Seasoning***
- 2 cups beef broth
- 1 cup diced canned tomatoes with juices
- 2 carrots, cut into thin coins
- 1 cup coconut milk, ideally full fat
- 1/4 cup unsalted peanuts (optional)
- 1/4 cup chopped cilantro

1. In a large pot over medium heat, lightly brown the onion in 1-2 tbsp oil. Add the beef and brown. Add the garlic and ginger and stir for 30 seconds. Sprinkle the **Moose of Mumbai** over the meat and stir continually for 1 minute to toast the spices.

2. Add the beef broth, diced tomatoes, and carrots. Simmer for 45 minutes, uncovered. Add the coconut milk and bring to a simmer. Let cook for 5 minutes. Remove from heat. Taste and add salt if necessary. Serve the curry over rice. Garnish with peanuts (optional) and cilantro.



Kitchen Hero Tip!



For a vegetarian option, try this recipe with some tofu cut into chunks.

You can also use cooked lentils or chickpeas

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