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hello@hellofresh.com.au | (02) 8188 8722

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Beef & Pumpkin Massaman Curry with Pillowy Rice

This rich, mild Thai curry is a favourite in Australia, and with good reason! It's creamy, tasty and so luxurious with its coconut milk base. Soft, melt-in-your-mouth beef and pumpkin are the perfect additions to this curry which will please devotees and sceptics alike.



Prep: 10 mins



Cook: 30 mins



Total: 40 mins



level 1



lactose
free



contains
crustacea

Pantry Items



Olive Oil



Water



Premium Beef Rump



Garlic



Brown Onion



Massaman
Curry Paste



Pumpkin



Coconut Milk



Jasmine Rice



Lime



Coriander

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2P	4P	Ingredients
1 steak	2 steaks	premium beef rump, fat trimmed
1 tbs	2 tbs	olive oil *
½	1	brown onion, finely sliced
1 clove	2 cloves	garlic, peeled & crushed
1 tbs	2 tbs	Massaman curry paste
300 g	600 g	pumpkin, skin removed & cut into 2 cm pieces
½ tin	1 tin	coconut milk
¼ cup	½ cup	hot water *
¾ cups	1 ½ cups	Jasmine rice, rinsed well
3 cups	6 cups	water *
1	2	lime, sliced into wedges
½ bunch	1 bunch	coriander, leaves picked

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

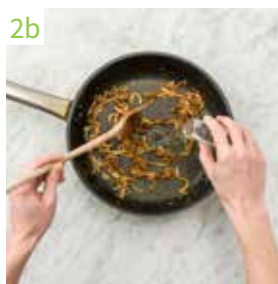
Energy	3310	Kj
Protein	44.7	g
Fat, total	32.9	g
-saturated	16.6	g
Carbohydrate	72.9	g
-sugars	11.8	g
Sodium	771	mg

Disclaimer: Pumpkins naturally vary in size, we may over supply you but please use the weight stated for this recipe.



You will need: *chef's knife, chopping board, vegetable peeler, aluminium foil, tongs, wooden spoon, sieve, garlic crusher, plate, and a deep sided frying pan with a lid.*

1 Rub the **premium beef rump** with half of the **olive oil** and season with **salt** and **pepper**. Heat a deep sided frying pan over a medium-high heat. Add the beef and cook for **2 minutes** on each side for medium rare, or until cooked to your liking. Transfer to a plate and cover with foil.



2 In the same frying pan, heat the remaining olive oil over a medium-high heat. Add the **brown onion** and cook for **5 minutes**, or until the onion has softened. Add the **garlic** and **Massaman curry paste** and cook for **2 minutes**, stirring regularly to break up the curry paste. Add a splash of water to deglaze the pan and then add the **pumpkin** and cook, stirring, for a further **2 minutes** until just tender and coated in the spice.



3 Add the **coconut milk** and **hot water**. Stir to combine and bring to the boil. Reduce the heat to medium and cover with a lid. Simmer the curry for **10 minutes** or until the pumpkin is tender.

Tip: If you don't have a lid, carefully cover the pan with foil.

4 Meanwhile, place the **Jasmine rice** and **water** in a medium saucepan. Bring the water to the boil over a high heat. Reduce the heat to medium and simmer for **10 minutes** or until soft. Drain.



5 Thinly slice the beef and, just before serving, stir it through the curry sauce for **1 minute** to heat through.

6 To serve, divide the rice between plates and top with the curry and garnish with **lime wedges** and the **coriander**.

Did you know? The general consensus here at HF HQ is that Massaman curry is the best of all Thai curries!