

SPICY BEEF CURRY

Difficulty rating 

Prepared in 25 minutes

Serves 4



A mild or medium curry paste is suggested here but if you like your curries fiery then substitute for a stronger paste.

Ingredients

- 1.8kg lean casserole beef, cubed
- 4 onions, finely sliced
- 6 garlic cloves, crushed
- 2 green chillies, de-seeded and finely chopped
- 4 level tablespoons mild or medium curry paste
- 1.4kg tomatoes, peeled, de-seeded and chopped
- 4 level tablespoons tomato purée
- 284ml/1 /2 pint beef stock made with Bovril
- Olive Oil
- Salt and freshly ground black pepper

- 1 Heat some olive oil in a frying pan, add the onion, garlic and chilli and fry for 5 minutes. Transfer to the Slow Cooker.
- 2 Brown the beef in the frying pan for 3-4 minutes until evenly brown. This is most easily done in batches. Stir in the curry paste, tomatoes, tomato purée, and stock.
- 3 Bring to the boil then transfer to the Slow Cooker. Season well with salt and a little pepper, cover and leave to cook on high for 6 hours or until the meat is tender. Serve with boiled rice.

Cooking time 6 hours 15 minutes



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