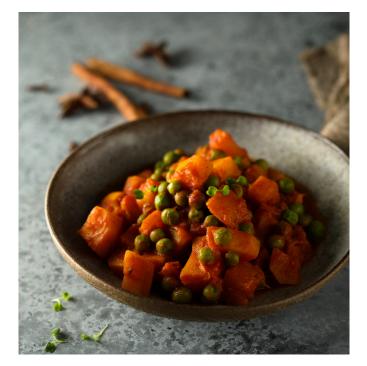


## **BEEF CURRY**

15 mins preparation | 20 mins cooking





## Ingredients

500g lean beef mince 1 tbsp canola oil ½ tsp cumin seeds, ground ½ tsp sweet paprika ½ tbsp curry powder 1 cup of reduced salt beef stock 1 tin crushed tomatoes (400g) 2 carrots, peeled and diced 250g pumpkin, cubed 1 zucchini, diced 1 ½ cups long grain rice eg. basmati

## Method

- 1. In a large pan on medium heat place the oil, then add the curry powder, cumin and paprika and cook, stirring constantly, until fragrant.
- 2. Add beef mince and cook until browned, stirring often.
- 3. Add tomatoes, carrots, pumpkin and beef stock. Stir well and remove any beef or spices stuck to the pan.
- Cover with a lid and simmer on low heat until vegetables are cooked, or around 10 15 minutes. Stirring occasionally.
- 5. Prepare and cook rice following packet instructions,
- After 15 minutes, add zucchini. Stir, cover with a lid and cook for a further 5 minutes, stirring occasionally.
- 7. Serve the curry with rice.

This recipe has been modified from 'The Yummy Tummy Book' Beef Curry developed by Western NSW Local Health District and used with permission.



