

BEEF CURRY

15 mins preparation | 20 mins cooking

Serves 5



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.
4. 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.
6. 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.