



# free madras recipe



## NEW Tasmanian made curry pastes!

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### Easy Madras for Beef, Lamb or Chicken

#### ingredients

- 1 tbsp canola oil
- 1 onion, diced
- 50g Island Curries Madras paste
- 500g diced meat
- 1/2 cup coriander leaves
- mixed veg inc. potato, beans, spinach, pumpkin
- Greek yoghurt or 1/2 cup coconut milk
- chilli to taste

#### method

Add 1 tbsp oil to a hot saucepan & brown a diced onion. Add 50g Island Curries Madras paste per 500g of diced meat and stir for 8-10 mins on high heat until simmering. Add chilli powder to taste (1/4 tsp = hot). Add 1/2 cup chopped coriander leaves and some veg such as green beans, spinach, a cup of 1cm cubes of potato or Kent pumpkin. Reduce heat to low and cook for 20 mins. Add 1/2 cup coconut milk or 2 tbsp Greek yoghurt, stir and simmer, or serve with Basmati rice & yoghurt on the side. Garnish with chopped coriander and fresh chilli.

### Island Curries Beef Madras

#### ingredients

- 1 tbsp canola oil
- 1 onion, diced
- 50g Island Curries Madras paste
- 500g diced rump steak
- 1/2 cup coriander leaves
- chilli to taste
- Greek yoghurt

#### method

Heat 1 tbsp oil in a pot. Add a diced onion and brown. Add 50g Island Curries Madras per 500 gm of diced rump, high heat, stirring for 8-10 mins. Add chilli powder - (1/4 tsp = hot). Add 1/2 cup chopped coriander. Reduce heat to low and cook for 20 mins. Add 4 tbs yoghurt, stir and simmer. Serve with Basmati rice.



chennai

khorma

bengal

achaari

goan

tandoori

vindaloo

madras

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free bengal recipe



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## Easy Bengal Curry Veg, Pork or Chicken

### ingredients

- 1 tbsp canola oil
- 1 onion, diced
- 50g Island Curries Bengal paste
- 500g diced veg or meat
- chilli to taste
- 1 tbsp coriander leaves
- 2-4 tbsp Greek yoghurt or 100ml coconut milk

### method

Heat 1 tbsp oil in a pot and brown a diced onion.  
Add 50g Island Curries Bengal style curry paste and 500 gm of diced vegetables or meat, stirring for 8-10 mins on high heat.  
Add chilli powder to taste (1/4 tsp = hot).  
Add 1 tbsp chopped coriander, reduce heat to low and cook for 20 mins.  
Add 2-4 tbsp yoghurt or 100ml coconut milk, stir and simmer.  
Serve with basmati rice.

## Island Curries Bengal Vegetable Curry

### ingredients

- 1 tbsp canola oil
- 1 onion, diced
- 50g Island Curries Bengal paste
- 500g diced veg
- chilli to taste
- 1/2 cup fresh coriander leaves
- 4tbsp Greek yoghurt

### method

Heat 1 tbsp oil in a pot  
Add a diced onion and brown. Add 50g Island Curries Bengal paste, stir 3-4 minutes. Add 500 gm of diced vegetables, high heat, stirring for 10 mins. Add chilli powder to taste (1/4 tsp = hot). Add 1/2 cup fresh chopped coriander leaves.  
Reduce heat to low and cook for 20 mins.  
Add 4 tbsp yoghurt, stir and simmer.  
Serve with Basmati rice (yoghurt can be served on the side).



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