



# free madras recipe



## NEW Tasmanian made curry pastes!

### 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.

### 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.

Vindaloo

Massaman

Bengal

Butter  
Chicken

Madras

Khorma

[www.islandcurries.com.au](http://www.islandcurries.com.au)