



free
massaman recipe



NEW Tasmanian made curry pastes!

Beef Massaman with zucchini and potato

ingredients

1 tbs canola oil
1 onion, diced
500 rump steak, diced
50g Island Curries Massaman
curry paste
250g waxy potato, diced into
2cm pieces
1 medium zucchini, diced into
2cm pieces
1 tbs chopped coriander
400ml coconut milk

method

Heat oil in a pot
Add a diced onion and brown
Add 500 gm of diced beef, and Island Curries
Massaman curry paste
Cook on a high heat, stirring for 10 mins
Add the potato, lower heat and cook for 15
minutes
Add the zucchini and cook for 15 minutes
Add chopped coriander
Add the coconut milk, stir and simmer.
Reduce heat to low and cook for 15 mins.
Serve with basmati rice

Vindaloo

Massaman

Bengal

Butter
Chicken

Madras

Khorma

www.islandcurries.com.au