

Save Our Stomachs

SPEEDY BEEF CURRY



If your tummy is rumbling and you need a tasty treat in just minutes then why not try making our delicious beef curry with quality standard mince. If you fancy an extra hot kick then why not add some fresh green chillies, that's not one for the faint hearted!

This recipe serves 4 and takes 10 minutes to prepare and under 25 minutes to cook.

Cooking equipment you will need:

- A large non-stick frying pan
- A wooden spoon
- A sharp knife
- A chopping board

Ingredients you will need:

- 500g mainstay mince (see original mainstay mince recipe)
- 1 x 350-425g jar curry sauce (we used Madras)
- 1 large potato, peeled and cut into bite-sized chunks
- 175g cauliflower, cut into small florets, optional
- 175g green peas or beans, fresh or frozen or 2 handfuls baby spinach leaves
- Salt and freshly milled black pepper, optional

To prepare your ingredients:

- Peel and cut the potato into bite-sized chunks
- Cut the cauliflower into smaller pieces

Method:

Pour the curry sauce into a large pan and heat gently.

Add the mince, potato and cauliflower. Bring to the boil, turn down the heat and cook gently for 15-20 minutes.

Add the green vegetables of your choice and cook for a further 2-3 minutes. Season if required.

Serve the curry with mango chutney, naan bread, rice and a crisp green salad.

Tip:

If preferred use any leftover vegetables you have in the fridge or store cupboard.

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