

JOES BEEF, COCONUT AND SPINACH CURRY

Serves 4

Gluten free

Dairy Free

50g rapeseed or sunflower oil
2 onions, sliced
2 garlic cloves, crushed
2cm piece ginger, peeled, grated
1 1/2 teaspoons turmeric
1/2 to 1 teaspoon chilli powder,
1/2 teaspoon Garam Masala
2 teaspoons ground coriander
1 teaspoon cumin
2 teaspoons Paprika
1kg good quality stewing beef.
200 ml of beef stock
400ml can coconut milk
2 curry leaves
200g Fresh washed spinach leaves
Steamed Basmati rice, to serve
Pappadums, to serve

Heat a large heavy-based saucepan over medium heat, add the oil. Add onions. Cook for 2 minutes or until tender. Add garlic, ginger and spices. Cook, stirring, for 5 minutes

Add beef. Cook for 2 to 3 minutes or until browned. Add the beef stock, coconut milk, curry leaves, and salt and pepper. Bring to the boil. Cover. Reduce heat to low. Simmer for 1 hour 15 minutes or until meat is tender. At the very end switch heat off and add in the fresh spinach and let it wilt in the hot sauce, stir, check seasoning.

Serve with rice and pappadums.