



Scotland Island Gourmet Fresh

Beef, Tomato & Spinach Curry with Brown Rice

Prep 5 mins
Cook 25 mins
Total 30 mins

Pantry
Water, Olive oil

Ingredients (In order that they are used)

	2 people	4 people
Brown Rice	1 cups	2 cups
(rinsed well)		
Water	3 cups	6 cups
Beef steak	1 steak	2 steaks
Olive oil	2 tsp	4 tsp
Brown onion	½	1
(finely sliced)		
Curry Paste	2 tbls	4 tbls
Diced tomatoes	1 tin	2 tins
Baby spinach	1 bag	2 bags
Lemon	1	2
(cut into wedges)		

1/ Bring the water to the boil and add the rice, cook for 25 – 30 mins or until the rice is soft. Keep an eye on the water level and add more if necessary as brown rice absorbs it very quickly.

2/ Rub the steak with half the olive oil and season with salt and pepper. Heat a frying pan over a medium heat. Add the steak and cook for 2 minutes on each side. Transfer to a plate and let it rest for 5 minutes while you prepare the curry sauce.

3/ Heat the remaining olive oil in the same pan. Add the onion and cook until soft, about 5 mins. Add the curry paste and cook for about 1 minute. Add the diced tomatoes, bring to the boil and then turn down and let it simmer for 5 minutes.

4/ Cut the steak into 5mm thick slices. Don't worry if it looks undercooked as it will continue to cook in the sauce. Fold the steak into the curry sauce, add the baby spinach and simmer for a further 2 minutes.

5/ To serve, divide the rice and curry between bowls and dive in. Don't forget to give it a squeeze of lemon.

If you wanted to feed more, this dish is great with extra naan bread as a side.