

EASY-PEASY WELSH BEEF CURRY



INGREDIENTS

450g thick PGI Welsh
Beef rump steak

2 tbsp oil

1 tbsp flour

Pinch black pepper

2 large onions,
chopped

3 cloves garlic,
crushed

1 large sweet potato,
peeled and cut into
cubes

2 tbsp curry powder

3 tbsp mango
chutney

1 tbsp tomato puree

500ml beef stock

To Serve

Rice, naan bread,
chopped coriander
and natural yogurt

METHOD

1 Cut the beef into 2.5cm cubes.



3 Heat 1 tbsp of the oil in a pan on a medium heat. Add the floured beef to the pan. Once browned, take the meat out and put on a plate and leave to one side.



6 Turn the heat right down, cover with the lid and simmer for approximately 30 minutes or until the beef is tender.

Serve with rice and naan bread, and garnish with chopped coriander and a dollop of natural yogurt if you wish.



25 mins



45 mins



Serves 4

2 Put the flour and seasoning in a mixing bowl, add the beef and stir well to coat all the meat.



4 In the same pan, fry the onions and garlic for two minutes, add in the rest of oil.

5 Sprinkle over the curry powder and cook for one minute. Return the beef to the pan. Add the sweet potatoes, the mango chutney, beef stock and the tomato puree, and bring to the boil.



Top tips

- If the curry is too spicy adding natural yogurt helps to cool it down.