

Monday: Indonesian Beef Rendang Curry

Ingredients

400g Extra Lean Diced British Beef ([£3.75 from MuscleFood](#))

1 tin of low fat coconut milk

Rendang spice paste

150-200g Thai Jasmine Rice

Flour

Salt and pepper

Olive oil

Vegetables to serve

Method

1. Coat the diced beef in a mixture of salt, pepper & flour. Fry off with a little olive oil until browned and set aside.
2. Empty contents of Rendang spice paste into a deep frying pan or wok with some oil and heat for about 30 secs.
3. Add 400ml of coconut milk and bring to a light simmer. Add the beef back to the gravy and cover then cook for 30 mins on a low heat, stirring occasionally.
4. Remove the pan lid, and continue to cook until nearly all the gravy mixture has evaporated. You should be left with a thickish gravy. Continue to cook until the meat is tender.
5. Boil Thai jasmine rice for 10-12 minutes.
6. Serve with vegetables of choice.
7. Feast.