

## **GILLIAN SWINTON'S**

# **Slow Cooker** Coconut **Beef Curry** & Potatoes





Prep 10 mins Cook 4 hours on high or 8 hours on low

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# **EQUIPMENT**

- Slow cooker
- Knife
- Chopping Board

### INGREDIENTS

- 800g stewing steak
- Red curry paste
- 1 onion
- 4 garlic cloves
- ¼ cup brown sugar
- Beef stock cube
- 3 potatoes
- 400g tin of chopped tomatoes
- 400ml water
- 400g tin of coconut milk

# PRO TIP:

Utilising your slow cooker can be a game changer as you can buy the cheaper cuts of meat - they have time to tenderise in the pot.

#### METHOD

Chop your garlic and onions as you like - don't worry about getting them perfect, they are going to cook down and you won't notice.

Chop your stewing steak into cubes and add to the crock pot with the garlic and onions.

Add the chopped tomatoes and then fill the empty tin with water and add that in (less dishes is key!).

Add the stock cube, sugar and a good tablespoon of your curry paste.

Scrub your potatoes and cut into quarters and add to the pot. Give everything a good stir and pop on the lid.

Turn your crock pot on LOW for 8 hours if you are doing this in the morning, or turn on HIGH for 4 hours if you are putting it on at lunch. If you would like to do this in a pressure cooker, simply put on for 45 mins.

Before serving add the coconut cream and give it a good stir. If you want to add that sad-looking bag of spinach that's in your fridge - this would be a good time to add it in.

Serve with fluffy rice and enjoy.





