



UCCOOK

Spicy Beef Vindaloo

with a poppadoms, tzatziki & cashew nuts

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Carb Conscious: Serves 1 & 2

Chef: Kelly Fletcher

Wine Pairing: Doos Wine | Doos Dry Red 3L

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 328kj | 2452kj |
| Energy | 79kcal | 587kcal |
| Protein | 7.1g | 52.8g |
| Carbs | 8g | 56g |
| of which sugars | 3.1g | 23.1g |
| Fibre | 1.7g | 12.6g |
| Fat | 1.8g | 13.6g |
| of which saturated | 0.3g | 2.5g |
| Sodium | 147mg | 1096mg |

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: Moderate

Eat Within 4 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|---|
| 10g | 20g | Cashew Nuts <i>roughly chop</i> |
| 150g | 300g | Beef Schnitzel (without crumb) |
| 120g | 240g | Carrot <i>rinse, trim, ½ finely dice & ½ roughly grate</i> |
| 1 | 1 | Onion <i>peel & roughly dice ½ [1]</i> |
| 10ml | 20ml | Vindaloo Spice <i>(1 Bay Leaf & 10ml [20ml] NOMU Garam Masala Rub)</i> |
| 20ml | 40ml | Spice & All Things Nice Durban Curry Paste |
| 1 | 1 | Garlic Clove <i>peel & grate</i> |
| 1 | 1 | Fresh Chilli <i>rinse, trim, deseed & roughly chop</i> |
| 100ml | 200ml | Tomato Passata |
| 1 | 1 | Tomato <i>rinse & roughly dice</i> |
| 2 | 4 | Poppadoms |
| 50ml | 100ml | Tzatziki |

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Sugar/Sweetener/Honey
Paper Towel

1. TIME FOR A TOAST Place the cashews in a pot over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pot and set aside.

2. FRAGRANT FRY-UP Return the pot to high heat with a drizzle of oil. Pat the beef dry with paper towel and cut into bite-sized pieces. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pot and season.

3. SPICE & ALL THINGS NICE Return the pot to medium-high heat with a drizzle of oil (if necessary). Fry the diced carrot and onion until starting to soften, 4-5 minutes (shifting occasionally). Add the vindaloo spice, the curry paste, the garlic, and the chilli (to taste) to the pot. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the tomato passata and 150ml [300ml] of water. Bring to a boil. Lower the heat a little and simmer until slightly reduced, 10-15 minutes. In the final 1-2 minutes, add back the beef and a sweetener. Season.

4. SENSATIONAL SAMBAL While the curry is simmering, place the tomato, grated carrot, and a drizzle of olive oil in a bowl. Mix until combined, season and set aside.

5. POPPING POPS Place a pan over medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms, about 30 seconds per side. As soon as the poppadoms starts to curl, use tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up. Alternatively, air-fry at 180°C until crispy, 3-4 minutes.

6. EAT IT UP Bowl up the delicious vindaloo curry. Dollop over the tzatziki. Serve the sambal and the crispy poppadoms on the side. Scatter over the cashews and there you have it!