



Rendang Beef & Sweet Potato Curry

One of the most popular Indonesian dishes throughout Asia is rendang curry. Packed with ingredients like coconut, coriander, ginger and fresh shallot. Rendang is considered a "dryer" curry, which means the sauce is simmered down. As a bonus, its wide variety of spices makes it extremely healthy. If you like your curry with an abundance of flavor, you'll love rendang!

Ingredients

- Beef Mince
- Sweet Potato
- Banana Shallot
- Garlic
- Ginger Thumb
- Fresh Coriander
- Rendang Paste
- Dessicated Coconut
- Coconut Milk

Your Pantry

- Olive Oil

Nutritional Info

Calories: 850 kcal
Carbohydrates: 79 g
Protein: 16 g
Fat: 53 g

Allergens


None

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Prepare the ingredients

Dice the sweet potato into 1cm cubes. Peel and finely chop the garlic, ginger and the shallots.

2) Cook the aromatics

Heat a large pot over a medium heat. In a little oil, fry the shallots, garlic, ginger and the rendang paste for 4-5 minutes.

3) Add the beef

Add the minced beef to the pot with the aromatics and break it apart with a wooden spoon. Cook over a medium heat for 3-4 minutes or until the meat is browned.

4) Add the coconut & sweet potato

Stir in the desiccated coconut and coconut milk to the pot with the beef. Add the sweet potato and about 50 ml of water per person. Bring to the boil, lower the heat and simmer for 25 minutes

5) Finish the dish

Serve the dish in a bowl with some roughly chopped coriander on top.



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