

Scotch Beef Biryani Curry

Ingredients

- 450 g (1 lb) lean Scotch Beef braising steak, cut into 1.25 cm (1/2 ") cubes
- 15 ml (1 tbsp) oil
- 1 onion, peeled and chopped
- 1 clove garlic, crushed
- 45 ml (3 tbsp) medium curry paste
- 397 g (approx) can chopped tomatoes
- 150 ml (1/4 pt) stock
- Black pepper
- 1 large potato, peeled and cubed
- 2 carrots, peeled and sliced
- 175 g (6 oz) cauliflower, cut into florets
- 150 g (5 oz) basmati rice
- 2.5 ml (1/2 tsp) ground turmeric



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