

**SLOW COOKER BEEF COCONUT CURRY**

🕒 4 hours

🍴 6 portions

INGREDIENTS

- 1kg of beef, chuck for stew
- 3 tbsp of Rendang Curry Paste [243 g]
- 1 Can of Coconut Cream [400 g]
- 2 tbsp of Rice Malt Syrup [20 g]
- 1 tbsp of fish sauce,
- Juice of 1 lime
- 1 tbsp of sweet dark soy sauce
- 3/4 Cup of Shredded Coconut [75 g]
- 2 Kaffir lime leaves

COOKING METHOD

- 1° In a slow cooker add, beef, curry paste, coconut cream, kaffir lime leaves, lime juice and fish sauce. Stir well, cover and cook for one hour.
- 2° Add shredded coconut, soy sauce and salt and pepper. Cover and continue to cook for 2-3 hours ensuring cream has evenly coated the meat.
- 3° If you want to thicken the sauce, remove the lid to allow to help evaporate the steam for 15-30mins before serving .

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [303 g]	% DRI
ENERGY	165 kcal	501 kcal	25 %
FAT	10 g	30 g	47 %
FATTY ACIDS, TOTAL SATURATED	7 g	21 g	104 %
CHOLESTEROL	35 mg	105 mg	35 %
SODIUM	505 mg	1532 mg	64 %
CARBOHYDRATE	4 g	11 g	4 %
SUGARS	1 g	4 g	—
FIBER	0 g	0 g	1 %
PROTEIN	13 g	39 g	—