

## MASSAMAN NUA

### Beef tenderloin in Massaman Curry

a Thai food recipe from Thailand for 4 persons

#### Ingredients:

500 g	Beef Tenderloin, Sliced
2 tbs	Cooking Oil
4 tbs	Mussaman Curry Paste
1 ltr	Coconut Milk
2	Potatoes, Diced
1	Onion, Diced
40 g	Palm Sugar
3 tbs	Fish Sauce
3 tbs	Tamarind Juice
80 g	Peanuts, Plain
1	Stick Cinnamon
5	Cardamon Seeds

#### Preparation :

- Heat oil in a pan, add curry paste and fry while stirring constantly.
- Pour in coconut milk and bring to the boil.
- Add potatoes, onions, peanuts, cinnamon and cardamom seeds. Simmer for 20 minutes.
- Stir in the beef and continue seasoning the curry by adding fish sauce, tamarind juice and palm sugar.
- Once the beef and potatoes are cooked serve with jasmine rice.