

Easy Midweek Meals, Pressure Cooker Beef Curry



Ingredients

- 700g pack pack of diced beef
- 1 large chopped onion
- 3 chopped garlic cloves
- 1 400g tin of chopped tomatoes, mashed
- 1 tsp salt
- 1 tsp freshly ground black pepper
- 1 tsp turmeric
- ½ tsp coriander
- ½ tsp cayenne pepper
- 1 tbsp garam masala
- ½ tsp cumin
- ½ tsp smoked paprika
- 1 tsp lemon juice
- 1 tsp brown sugar
- 50 ml beef stock
- 1 tbsp oil
- Fresh chopped coriander to garnish
- Pomegranate seeds to garnish

Instructions

1. Heat the oil in your Prestige pressure cooker with the hob on high (Electric 9)
2. Add the chopped onions, garlic, spices, salt and pepper.
3. Cook the onions for a couple of minutes until they become translucent
4. Then stir in the mashed tomatoes and brown sugar, bring to a boil.
5. Pour the mixture into the food processor and blend all into a paste for 10 seconds.
6. Now brown the meat on all sides
7. Pour in the spice paste
8. Add the lemon juice and beef stock
9. Add the lid and once the pressure regulator rises, cook for 30 minutes on medium heat (Electric 6-7)
10. Serve with rice and garnish with coriander and pomegranate seeds.