

# BEEF TIKKA

**Time: 60 minutes (plus marinating time)**

**Serves: 6**

### Ingredients:

250g Icelandic or Greek yogurt  
10g fresh ginger - grated  
18g salt  
2g cayenne pepper (optional)  
4 cloves garlic - finely chopped or grated  
1.2kg cubed stewing beef  
30g cold-pressed avocado oil (or other cold-pressed neutral-flavoured oil)  
200g onion - diced  
12g ground cumin  
12g ground coriander  
12g garam masala  
12g chili powder  
60g tomato paste  
30g lemon juice  
125g water  
50g cold water  
50g corn starch  
1 bunch coriander – chopped

### Preparation:

In a suitable bowl, stir together the yogurt, ginger, eight grams of the salt, cayenne pepper, and garlic. Add the beef, stirring to coat evenly. Cover and refrigerate for at least a few hours or overnight.

Place your pressure-cooking vessel on medium-high heat and add the oil.

When the oil is hot, add the onions, stirring occasionally for five minutes.

Stir in the remaining 10 grams of salt, cumin, coriander, garam masala, and chili powder. Stir often for two minutes.

Add the tomato paste, stirring often for one minute.

Stir in the beef with its marinade, water, and lemon juice.

Seal the pressure cooker and cook at high pressure for thirty minutes, beginning the timer when full pressure is reached.

Safely vent the pressure cooker.

In a small bowl, whisk the starch into the cold water. Add this mixture to the curry and stir on medium-high heat until thickened.

Stir in the cilantro.

Serve immediately or refrigerate and reheat.

**Nutritional Information Per Serving:**

|  |   |
|--|---|
| Calories: 412<br>Fat: 17g<br>Carbs: 13g<br>Fibre: 1g<br>Protein: 48g | <b>Hand-Size Portion Guide</b><br>Palms of Protein: 2<br>Fists of Vegetables: 0<br>Cupped Hands of Carbs: 0<br>Thumbs of fat: 0 |
|--|---|