



Cape Malay Beef and Cashew Nut Stir-Fry
RECIPE

Cape Malay Beef and Cashew Nut Stir-Fry



Cooking time 10 mins
Preparation time 5 mins
Serves 5

Serve up a fusion of exotic ingredients and local flavour with this Cape Malay Beef with Cashew Nut Stir-Fry. It's a recipe you'll keep coming back to.

Ingredients

- 800g-900 g Beef strips
- 80 ml Oil
- 900 ml stir-fry vegetable mix
- 1 pouch Royco® Cape Malay Curry Wet Cook-in Sauce 415g
- 60 ml Roasted cashew nuts, chopped
- 40 ml fresh coriander leaves

Vegetarian

Replace the beef in this recipe with slices of giant brown mushrooms.

Family Friendly

Serve this stir-fry in soft flour wraps at your next family picnic

Method

1. Brown beef in batches in a little hot oil, set aside.
2. Stir-fry the vegetables in a little more oil for 3-4 minutes.
3. Add the beef and the contents of the pouch of Royco® Cape Malay Curry Wet Cook-in Sauce, and stir-fry for 1 minute.
4. Add the cashew nuts and serve garnished with coriander leaves.
5. Chicken strips can also be used for this recipe.

Recipe Tags

[Wet Cook In Sauce](#), [Beef](#), [Chicken](#)

Related Recipes



[Butternut Risotto with Rocket and Feta](#)

Cooking time

25-30 mins

Preparation time

5 mins



[Four Cheese Frittata](#)

Cooking time

15 mins

Preparation time

5 mins



[Spicy Lentil Curry](#)

Cooking time

45 mins

Preparation time

20 mins



[Butter Chicken](#)

Cooking time

45 mins

Preparation time

10 mins



Curried Potatoes

Cooking time

30 mins

Preparation time

10 mins



Panzanella Salad

Cooking time

10 mins

Preparation time

5 mins



Lasagna

Cooking time

30 mins

Preparation time

10 mins



Chakalaka and Pasta Salad

Cooking time

15 mins

Preparation time

5 mins



Homestyle Lamb Curry

Cooking time

30 mins

Preparation time

20 mins



Crunchy Sweet and Sour Stir-Fry

Cooking time

15 mins

Preparation time

15 mins

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