



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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