

Cape Malay Beef and Cashew Nut Stir-Fry RECIPE

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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.

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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

Products used



Cape Malay Curry Wet Cook-In Sauce

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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. 1.

Brown beef in batches in a little hot oil, set aside.

2. 2.

Stir-fry the vegetables in a little more oil for 3-4 minutes.

3. 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 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

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Preparation time

5 mins

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Spicy Lentil Curry

Cooking time

45 mins

Preparation time

20 mins

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Butter Chicken

Cooking time

45 mins

Preparation time

10 mins

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Curried Potatoes

Cooking time

30 mins

Preparation time

10 mins

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Panzanella Salad

Cooking time

10 mins

Preparation time

5 mins

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Lasagna

Cooking time

30 mins

Preparation time

10 mins

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Chakalaka and Pasta Salad

Cooking time

15 mins

Preparation time

5 mins

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Homestyle Lamb Curry

Cooking time

30 mins

Preparation time

20 mins

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Crunchy Sweet and Sour Stir-Fry

Cooking time

15 mins

Preparation time

15 mins

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