

# Massaman

(Chicken or Beef Curry)

You will need:

Shopping List	Massaman Chicken or Beef Curry
<b>Protein</b>	
chicken or stew beef	2-3 pounds
<b>Miscellaneous</b>	
oil or ghee	2 tablespoons
fresh garlic	2 cloves
onion	1 large
coconut milk	1 can
fresh cilantro	3 tablespoons
beef or chicken broth	1 cup
brown sugar or honey	1 tablespoon
carrots	2 large
sweet potatoes or white potatoes	1 large/3 small
roasted cashews or peanuts	1/2 cup
rice	sm. bag
pappadums (optional)	1 box
For non-meat eaters - vegetables, tofu, plant protein or fish can be substituted in any recipe. Adjust cooking times accordingly.	



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