



Japanese beef tenderloin curry

NIBBLEDISH CONTRIBUTOR

Ingredients

- 600 grams of beef **tenderloin**, cut into chunks
- 1/2 of red bell pepper, cubbed
- 1 sweet potato, peeled and cut into pieces
- 2 big onions, sliced
- 1 japanese curry block
- 1 tablespoon of oil
- 700 ml of water

Marinate:

- 1 tablespoon of light soy sauce
- 1 tablespoon of sake

Instructions

1. Mix marinate, add meat and refrigerate minimum 1 hour (could be overnight).
2. Heat oil in the wok and fry onions, add meat fry till it changes colour, add remaining vegetables, pour in water and add curry block.
3. Bring to boil, then reduce heat and simmer about 20 minutes till potatoes are boiled.
4. Sprinkle with coriander.