



MINCE CURRY

Ingredients (SERVES 4)

- 2 tbsp olive oil
- 1kg beef mince
- 2 medium brown onions, diced
- ½ tsp turmeric powder
- 1 tbsp garlic
- 1 tbsp ginger
- 2-3 medium tomatoes, diced
- ½ cup yoghurt
- 1 cup peas
- 1 capsicum, cubed (optional)
- 1 potato, peeled and cubed (optional)
- Salt and pepper, to taste
- Coriander, chopped
- Ginger, thinly sliced like match sticks

Instructions

1. Add oil and beef mince with a pinch of turmeric to saucepan. Cook on low heat until mince is brown, and all liquid has disappeared. Add onions, cook until brown.
2. Add tomatoes, remaining turmeric, salt, pepper, ginger and garlic. Cook until fragrant.
3. Add yoghurt and stir through. Add peas. (Option for additional vegetables add in capsicum and potatoes)
4. Cook on low heat for 5 minutes. Garnish with coriander, ginger and serve with rice and naan bread.



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