

# BEEF/LAMB & VEGETABLE CURRY



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Yield: ± 2.8 kg (Makes half insert)

|                  |                                       |
|------------------|---------------------------------------|
| 1.2 kg           | Beef/Mutton/Lamb, cubed               |
| 100 g (1 sachet) | <b>Beef/Lamb Curry R/P (08450020)</b> |
| 20 g (4 tsp)     | Garlic & ginger paste                 |
| 90 g (6 Tbsp)    | Butter                                |
| 300 g (2 medium) | Onions, grated                        |
| 200 g (1 large)  | Tomato, chopped                       |
| 300 g (3 medium) | Carrots, diced                        |
| 300 g (2 medium) | Potatoes, cubed                       |
| 1L (4 cups)      | Water                                 |
| 10 g (2 Tbsp)    | Fresh coriander, finely chopped       |

## METHOD:

Marinate the meat in the Beef/Lamb Curry R/P and garlic & ginger paste. Heat the butter in a large pot and fry the onions until soft and transparent. Add the marinated meat and fry until sealed. Add the tomato, carrots, potatoes and half the water (500 ml). Place the lid on the pot and leave to simmer for ± 50 - 60 minutes, stirring occasionally. Gradually add the remaining water. Once the vegetables are cooked and the meat is tender, remove from the heat and add the coriander to serve.