

OUR AFRICAN STYLE CURRY

Slow cook for 5 hours on medium or 8 hours low

INGREDIENTS

500g Lean Diced Beef
1 cubed sweet potato
1 cubed carrot
1 cubed onion
½ cubed Aubergine (Eggplant)
3 finely chopped cloves of garlic
3 roughly cut dates
1 can diced tomato
1tsp hot paprika
1tsp ground cumin
1tsp mild curry powder
½ tsp turmeric
1tsp sumac
1tsp minced ginger
Pepper
¾ can of water
2tbsp olive oil
1 ½ tbsp Ghee

METHOD

1. Brown meat in ghee and olive oil with onion, garlic, ginger and spices
2. Transfer ingredients slow cooker using this method
3. Add vegetables, dates, tomato can, then refill ¾ of the can with water and add to the mix.
4. Cover with lid and cook on medium heat for 5 hours or low heat 8-10 hours.
5. Stir occasionally ensuring the liquid level is good.
6. Serve with Papadums or fried flat bread.

SHOPPING LIST

500g diced lean beef

1 sweet potato

Carrot

Onion

Aubergine (eggplant)

Garlic

Dates

Can diced tomato

Hot paprika

Ground cumin

Mild curry powder

Sumac

Turmeric

Minced ginger

Pepper

Olive oil

Ghee

Papadums or flat bread