



Bombay Curry

Servings: 4-6

Prep Time: 20min

Cook Time: 1hr30min

Ingredients

- 1 kg beef or lamb
- 1 tablespoon ghee or oil
- 2 onions, chopped
- 2 cloves garlic, crushed
- 2 green chillies, chopped
- 1 tablespoon grated fresh ginger
- 1½ teaspoons ground turmeric
- 1 teaspoon ground cumin
- 1 tablespoon ground coriander
- ½–1 teaspoon chilli powder
- 1 teaspoon salt
- 400 g can tomatoes
- 1 cup coconut milk

Directions

1. Cut the beef or lamb into 3 cm cubes. Heat ghee or oil in a large pan. Cook the onion, stirring, until just soft.
2. Add garlic, chillies, ginger, turmeric, cumin, coriander and chilli powder. Stir until just heated through. Add the meat and cook, stirring, over high heat until the meat cubes are well coated with spice mixture and browned all over.
3. Stir in the salt and un-drained, crushed tomatoes; simmer, covered, for 1–1½ hours, or until the meat is tender. Add the coconut milk and stir; simmer, uncovered, for another 5 minutes or until the sauce has thickened slightly.
4. Serve garnished with fresh coriander leaves, if desired.