



INGREDIENTS:

- Spices 4 Africa – Lamb & Beef Wet Mix
 - 1 kg Beef / Mutton / Lamb
 - 1 Large onion chopped
 - 2 Medium Tomatoes grated
 - 5 Medium Potatoes cut in halves
 - Salt to taste
 - 4 - 5 Tablespoons of Oil
- Freshly chopped coriander for garnish

RECIPE

- In a wide thick based pot heat Oil
- Fry Onions till it is golden brown
- Add 3 Teaspoons of Lamb & Beef Wet Mix for a medium curry
- Add Meat and Salt to taste and allow to cook
- Add 1 cup of Water at a time till Meat is tender
- When Water burns out add Tomatoes and simmer for a few minutes
- Add Potatoes with enough Water to cover and cook on a low heat allowing Potatoes to soften
- Garnish with fresh Coriander

HINTS / TIPS

- May be served with Rice, Roti or Naan
- For a very thick gravy use extra onions and Tomatoes
- For a mild curry use less Wet Mix or for a hot curry add more Wet Mix
- Stewing Beef or cubes may also be used to prepare this dish
- Add 1 Tablespoon of Vinegar to Meat to tenderise faster