



# LOVES FOOD

## BEEF CURRY

### INGREDIENTS:

- |   |                                 |
|---|---------------------------------|
| 3 tablespoons of cooking oil                    | 500ml of natural yoghurt        |
| 1 large chopped onion                           | 2 teaspoons of crushed garlic   |
| 2 large ripe grated tomatoes                    | 1 teaspoon of crushed ginger    |
| 1 sachet of tomato paste (2 tablespoons)        | 1 teaspoon of salt              |
| 2 teaspoons of turmeric powder                  | Half a teaspoon of black pepper |
| 1 teaspoon of cumin powder                      | Half a teaspoon of paprika      |
| 1 teaspoon of coriander powder                  | 1 teaspoon of cinnamon powder   |
| 1 kg of beef or steak cut into medium chunks    |                                 |
| 2 teaspoons of chopped danya (coriander leaves) |                                 |
| Alternative to Danya - 5 curry leaves           |                                 |

### METHOD:

1. Place your washed, cut and drained beef into a pot to boil until all the water has evaporated.
2. Add the chopped onion into the pot with the cooking oil and fry until the onion is golden brown and the beef also has some colour to it.
3. Add grated tomatoes, tomato paste, garlic, ginger, salt and the rest of your dry spices.
4. Stir and simmer until the tomato is fully cooked
5. Allow the beef to cook in the curry sauce until the tomato is fully cooked and the cooking oil rises to the top.
6. Add yoghurt, a little hot water if need be, stir and let simmer for 5-10 minutes
7. Add Danya or curry leaves to garnish

### SERVING SUGGESTION

This curry goes perfectly with plain basmati rice or some chapati/roti. By adding a green salad or roasted vegetables, you will have a hearty and comforting balanced meal. For some extra carbs, you may add some chopped potato or sweet potato before adding the yoghurt.

Enjoy!

With love,  
From Famous Warrior's kitchen