

**GF Friendly**

**Tomato and Meat Curry**

**a tangy Indian curry with a bite**

In the past, we'd often enjoyed an Indian curry from a food hall in Fremantle markets; and this one looked very similar. As it turned out, it was pretty close; perhaps not as spicy hot; but it could have been boosted with some extra chilli powder. I opted to leave the quantities as seen below; the choice, however, is yours. Also note that the remaining half can of diced tomatoes can be frozen for later use.

- 500g cubed meat – beef, lamb, pork, etc.
- 25g butter
- 1 Tbsp olive oil, or other cooking oil
- ½ onion, finely chopped
- 1 tsp powdered ginger
- 1 tsp powdered garlic
- ½ can (200g) diced tomatoes
- ½ tsp turmeric
- 1 tsp chilli powder
- 1½ tsps ground coriander
- ¼ tsp cumin, ground or seeds
- ½ tsp garam masala
- 100g potatoes, peeled and diced
- 600ml boiling water + extra if required
- ¼ tsp salt (optional)



Melt the butter with the oil in a large pan, add the onion, garlic and ginger and fry, stirring occasionally, until the onion is golden. Now put in the tomatoes, turmeric, chilli, coriander, cumin, salt if using, and the garam masala. Stir this in, cooking for 5 minutes; then add the boiling water and mix well.

Mix in the meat next. Lower the heat, cover with a lid and simmer for about 1 hour to tenderise the meat and reduce the liquid. Lastly, put in the potato and continue cooking for a further 10-15 minutes to the point where the potato is just softening. Add more water if necessary to ensure the sauce does not dry out; but you do want it to be quite thick before serving. The cover can be removed to reduce the liquid if desired.

Serves 3-4 with white rice

**Remove any remaining potatoes before freezing**

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