

GF Friendly

Mince and Potato Curry

an easy one-pan sweet, spicy curry

There's not much to say about this one, except that ours tasted delicious. The final addition of mint made a refreshing change. We did lob in a teaspoon of chilli sauce, but that's your choice.

- 300g lean minced beef
- 2 medium peeled potatoes cut in 2cm (3/4 inch) cubes
- 300g peeled sweet potato cut in 2cm (3/4 inch) cubes
- 1 medium onion coarsely chopped
- 1 medium tomato cut in 1cm (3/8 inch) pieces
- 1 tsp minced ginger
- 1 tsp minced garlic (or 1-2 finely chopped cloves)
- 1½ cup chicken stock
- 2 rounded tsps curry powder
- ¼ tsp coarse-ground black pepper
- ½ tsp salt
- ½ cup frozen peas (**unthawed**)
- 165ml coconut milk OR 2 Tbsps plain yoghurt *
- 1 Tbsp finely shredded fresh mint
- 1 Tbsp extra virgin olive oil



In a medium saucepan or a wok, warm the oil on medium, then stir-fry the ginger, garlic and onion for 5 minutes until the onion has softened. Add the beef and continue cooking, breaking up the lumps before putting in the tomato. Keep turning this over until the mince has browned, then sprinkle on the curry powder and mix to coat. Pour on the stock, add the pepper and salt, and stir gently to combine. Bring to the boil, then turn down the heat, cover and simmer on low for 10 minutes.

Fold in both potatoes and simmer for a further 10 minutes, or until the potatoes are starting to soften. Now put in the peas and coconut milk. *** If using yoghurt instead, hold off on this until just before serving.** Leave the cover off and carry on cooking to reduce excess liquid. If too dry, put in some more water. You are after something resembling a reasonably thick stew, but beware of cooking too long or the potatoes will go mushy. When ready to serve up, stir through the mint, and the yoghurt if using.

Serves 3-4

does not freeze well

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