

RANGER NICK'S

INDIAN MEAT VINDALOO

serves 4 people



Vindaloo is a hot curry, nevertheless extremely flavoursome.

This classic dish offers a rich flavor sensation with a combination of various spices.

Feel free to adjust the heat by using less and mild varieties of chilli.

Enjoy and "GET IT INDAYA!"

Fresh Ingredients:

- 1 kg diced beef or lamb
- 2.5cm finely chopped ginger
- 4 cloves finely chopped garlic
- 4 tbsps cider or white vinegar
- 1 large chopped onion
- 2 tbsps oil
- 6-8 chopped red chillies
- 150ml water
- 3 potatoes, cut into pieces
- 1 tbsp freshly chopped coriander (optional)

You'll need:

- Cutting board
- Sharp knife
- Wooden spoon
- Measuring spoons
- Cook pot
- Bowl

Method:

In a bowl, combine and mix garlic, ginger, chillies, vinegar and packet of spices. Add diced meat and stir through to cover with the paste. Heat oil in your cook pot and fry onion till soft. Add marinated meat, stir through and let simmer for 15 minutes. Add water and potatoes, bring to the boil and let simmer for 30 minutes. Add fresh coriander, take off the heat and serve with spinach & cheese roti.

Watch it on Youtube at https://youtu.be/1e_nnAIQcz0