

“INDIAN MEATBALL CURRY”

*500g lean
beef mince*

*3 cloves garlic,
finely grated*

*1 tsp ginger,
finely grated*

*2 tbsp
sunflower oil*

*1 medium
eggplant, diced*

*2 medium
brown onions*

*2 tbsp Madras
curry powder*

2 cinnamon sticks

*4 roma tomatoes,
chopped*

*½ cup natural
yoghurt*

*½ cup chopped
mint leaves*

*Basmati rice,
to serve*

SERVES: 4 PREPARATION: 15 mins
COOKING: 50 mins

1. Combine beef mince, garlic and ginger in a bowl. Roll into 20 meatballs.

2. Heat 1 tbsp oil in a large frying pan, cook meatballs until brown and set aside. Fry eggplant until golden and set aside.

3. Finely chop onions, add remaining oil to the pan and cook until golden brown. Add curry powder and cinnamon sticks, stir until fragrant. Add tomatoes and 2 cups water and cook, stirring occasionally, for 20 mins until sauce thickens.

4. Add meatballs and eggplant, cover and cook for 10 mins or until the meatballs are cooked. Turn off heat and add yoghurt and mint and stir.

5. Cook basmati rice according to packet directions and serve with meatballs on top.

TIPS:

1. Use leftovers in a sandwich, halve meatballs and heat with sauce. Fill sandwiches with meatballs, sauce and salad.

2. Substitute cinnamon sticks with 2 tsp garam masala.