

Mince Curry

Ingredients

- 50g rice
- $\frac{1}{2}$ a pepper
- $\frac{1}{2}$ a carrot
- $\frac{1}{2}$ an onion
- 2 garlic cloves
- $\frac{1}{4}$ chilli
- 50 g beef mince
- A pinch of salt and pepper
- 1 tbsp. curry powder
- $\frac{1}{4}$ tinned tomatoes
- 1 tbsp of puree
- 100ml water
- $\frac{1}{2}$ a beef stock cube

Method

1. Cook and sieve the rice when ready.
2. Peel and cut up the carrot into really small pieces.
3. Cut up the pepper into small pieces.
4. Cut up the onion, garlic and chilli finely.
5. Add carrot, and cook for a few minutes.
6. Fry the beef mince till there is a little bit of pink left.
7. Add the peppers, onion and garlic.
8. Add the fresh chilli, stock cube, salt and pepper, curry powder. Mix well.
9. Add the tinned tomatoes, puree, water, mix well.
10. Let it simmer for 5-10 minutes or till its slightly thick.
11. Serve with rice.