

Spicy Mince

INGREDIENTS

- 1.5 kg Ground beef
- 1 Tsp Black pepper
- 1 ½ Tsp Salt
- 1 Tsp Cumin
- 1 Tsp Coriander
- 1 Tsp paprika
- 2 Bay leaves
- 2 Tsp chilli powder (you can adjust according to your preference)
- 2 Tbs Tomato paste
- 2 Cloves of garlic
- 1 Onion
- 3 Tomatoes (chopped)

NOTE: You can replace the chilli powder with fresh chillies.

METHOD

Over high heat, sauté the chopped onions and garlic (and fresh chillies if using) for 3-5 minutes until the onion is translucent. Add the chili powder and salt and stir well.

Add the ground beef, break apart the meat, sauté for 10 minutes until the beef is well browned.

Add the tomato paste, paprika, cumin and coriander, bay leaves. Cook for 5 minutes before adding the chopped tomatoes and pepper. Mix well.

Reduce the heat to a low simmer and continue to cook, uncovered, for 20-30 minutes. You can add water if needed.

Additionally, you can add any vegetables of your choice - baby marrow, mushrooms, carrots, spinach etc.



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