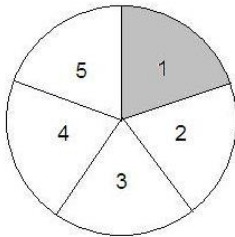


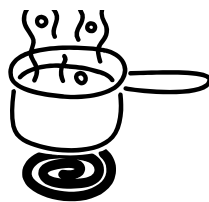
Bombay Spiced Mince & Potatoes

Serves 4

Portions of fruit & vegetables per serving: 1



Hob needed



Allergen information:

None present in this recipe.

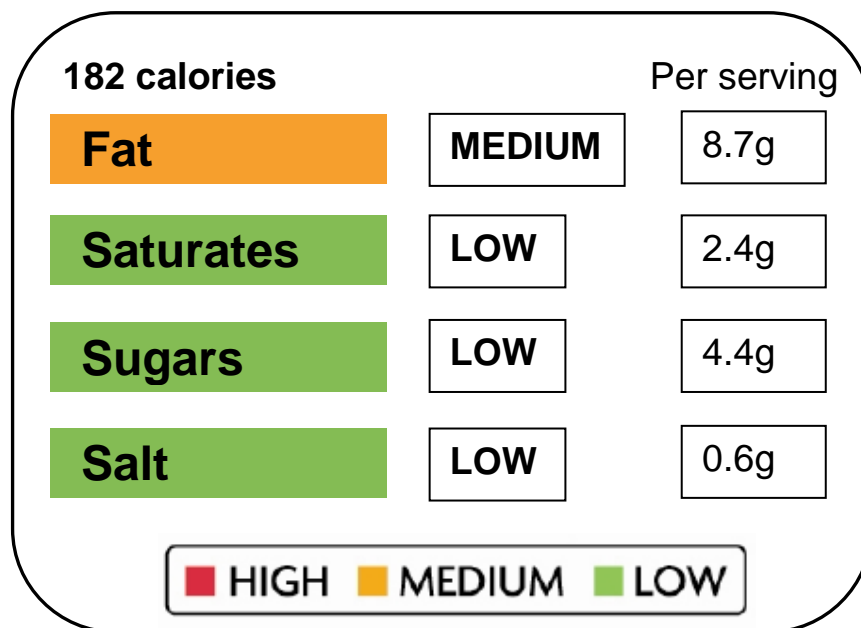
Ingredients	Amount	Preparation
vegetable oil	1 tablespoon	
onion	1 medium	finely chopped
ground coriander	1 teaspoon	
ground cumin	1 teaspoon	
garam masala	1 teaspoon	
turmeric powder	$\frac{1}{2}$ teaspoon	
bay leaf	1-2	
lean minced beef	250g (9oz)	
chopped tomatoes	1 can (400g)	
potatoes	4 medium	cut into wedges
water	$\frac{1}{2}$ fill tomato can	
frozen peas	250g (9oz)	

Please Turn Over



Method

- 1 In a saucepan heat the oil and fry the onions until really soft (about 8-10 minutes). Add the spices and fry for about 1 minute.
- 2 Add the minced beef and fry until brown.
- 3 Add the tomatoes, potatoes and water. Put a lid on the saucepan and simmer for 20 minutes until the potatoes are tender. If the dish is becoming too dry you may like to add a little more water.
- 4 Add the peas and simmer uncovered for a further 5 minutes.
- 5 Remove the bay leaves and serve.



Handy Hints

- If you don't have the individual spices you can use curry powder or curry paste.
- Try using other vegetables in this dish.
- Use chicken instead of beef if you prefer.
- If you are vegetarian, you could leave the meat out and use a meat substitute or add a can of beans or lentils and extra potatoes.
- If you are not using lean mince, spoon off any excess fat before adding the tomatoes.

