

Keema Curry

- Prep Time 5 minutes mins
- Cook Time 20 minutes mins

Servings: 4 Servings Author Nicky Corbishley

- Ingredients
 - 500 g (1.1lb) minced deef (ground beef)*
 - ½ tsp salt
 - ½ tsp ground black pepper
 - ½ tsp ground cumin
 - 2 tsp ghee (or neutral oil)
 - 1 onion (diced)
 - 3 cloves garlic (minced)
 - 1 tsp minced ginger
 - 1 tbsp tomato puree (paste in the US)
 - 2 tbsp curry powder (see notes)
 - 1 tsp garam masala
 - 1 tsp ground coriander
 - 400 g (14 oz) tinned chopped tomatoes
 - 200 ml (7 fl oz) water
 - 140 g (1 cup) frozen peas
- Instructions
 - Heat a large frying pan over a high heat.
 - Fry the beef w/ salt, pepper and cumin, breaking up the larger chunks until its completely browned. ~5 minutes.
 - 500 g (1.1lb) minced deef
 - 1/2 tsp salt
 - 1/2 tsp black pepper
 - 1/2 tsp ground cumin
 - Remove the cooked mince (keema) from the frying pan with a slotted spoon, leaving the oil behind and place in a bowl for later.
 - Turn the heat down to medium and add in 1 tsp of the ghee (or oil) to the pan.
 - Add the diced onion. Cook for 4-5 minutes, stirring occasionally, until the onion starts to soften.
 - 1 onion
 - Add in garlic, ginger, tomato paste, curry powder, garam masala and ground coriander and fry for a minute stirring continuously until the spices start to release their fragrance.
 - 3 cloves garlic
 - 1 tsp minced ginger
 - 1 tbsp tomato paste

- 2 tbsp curry powder
 - 1 tsp garam masala
 - 1 tsp ground coriander
 - Next in goes the tinned tomatoes and water, stir everything together, and bring to a gentle simmer.
 - 400 g (14 oz) tinned chopped tomatoes
 - 200 ml (7 fl oz) water
 - Add in the cooked mince (keema), stir again and allow to simmer for 5-6 minutes
 - Now add in the frozen peas, stir again and cook for another 2 minutes to heat through the peas.
 - 140 g (1 cup) frozen peas
 - Serve with some fresh coriander along with boiled rice, mango chutney and your favourite naan bread or chapati.
 - 2 tbsp fresh coriander (cilantro), boiled rice
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