

Ranger Nick's Aloo Gosht



1 kg diced beef or lamb
500g diced sweet potato
2.5cm chopped ginger
4 cloves chopped garlic
1 large chopped onion
2 chopped red or green chillies
2 tbsps oil
1 tbsp tomato paste
400ml water
1 tbsp lemon juice
2 tbsps fresh chopped coriander

Cutting board
Sharp knife
Wooden spoon
Measuring spoons
Cook pot

A curry with a special touch of sweet potato, giving it a richly rounded flavour.

This classic dish offers a rich flavour sensation with a combination of various spices and will suit the majority your friends and family.

Feel free to increase the heat by using hotter varieties of chilli.

Cooking Method:

Heat oil in your cook pot and brown sweet potato. Add onion, ginger, garlic, chillies, meat and spice mix. Stir and add water and tomato paste. Stir in, bring to the boil, cover and let simmer for 45 minutes. Add lemon juice and coriander just before serving. Take off the heat and serve with Cheese Roti.