

Ranger Nick's

Meat Dilpasand



- 1 kg diced meat
- 1 small tub natural yoghurt (150g)
- 2.5cm chopped ginger
- 5 cloves chopped garlic
- 2 tbsps oil
- 2 finely chopped chillies
- 3 large chopped onions
- 150ml water
- 1 tin coconut cream
- 1 tbsp tomato paste
- 2 tbsps fresh chopped coriander

- Blender
- Cutting board
- Sharp knife
- Wooden spoon
- Measuring spoons
- Measuring cup
- Cook pot
- Bowl

A rich flavoured curry with a blend of coconut cream and poppy seeds, giving it a slightly nutty flavour.

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

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

Cooking Method:

In a bowl, combine diced meat with yoghurt. In the food processor, blend 1 onion, garlic, ginger, chillies and water until smooth. Heat oil in your cook pot, add 2 onions, packet of spices, the blended ingredients and cook for 10 minutes. Add meat, tomato paste and coconut cream. Stir through and simmer for 45 minutes. Add fresh coriander and simmer for a further 5 minutes. Take off heat and serve with rice.

Watch it on Youtube at <https://youtu.be/PWGXQoAcTYY>