

# Ranger Nick's Meat Madras



1kg diced red meat  
150ml water  
2.5cm finely chopped ginger  
2 finely chopped onions  
6 cloves finely chopped garlic  
1-2 chopped green chillies  
1-2 chopped red chillies  
2 tbsps oil  
1 tin of diced tomatoes

Cutting board  
Sharp knife  
Wooden spoon  
Measuring spoons  
Cook pot

*A spicy and popular  
curry from the south.*

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:**

Heat oil in your cook pot and fry ginger, onion, garlic and chillies until soft. Stir in packet of spices and mix well. Add meat, coat well and fry for 5 minutes. Add tomatoes and water, bring to the boil and let simmer for 40 minutes. Take off the heat and serve with rice.