

Ranger Nick's

Meat Vindaloo



1 kg diced meat
3 diced potatoes
2.5cm chopped ginger
4 cloves chopped garlic
1 large chopped onion
2 tbsps oil
4 tbsps cider or white vinegar
6-8 finely chopped red chillies
150ml water
1 tbsps fresh chopped coriander

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

Vindaloo is a hot curry, nevertheless extremely flavoursome.

This classic dish offers a rich flavour sensation with a combination of various spices.

Feel free to adjust the heat by using less and mild varieties of chilli.

Cooking Method:

In a bowl, combine and mix ginger, garlic, chillies, vinegar and packet of spices. Add diced meat and stir through to cover with paste. Heat oil in your cook pot and fry onion until soft. Add marinated meat, stir through and let simmer for 15 minutes. Add potatoes and water, bring to the boil and simmer for 30 minutes. Add fresh coriander, take off heat and serve with spinach and cheese roti.

Watch it on Youtube at https://youtu.be/1e_nnAIQcz0