

# Ranger Nick's Rogan Josh



1 kg diced meat  
2.5cm chopped ginger  
4 cloves chopped garlic  
4 sliced onions  
2 tbsps oil  
1 tin of diced tomatoes (400g)  
1 tbsp tomato paste  
90 ml cream  
120ml water  
2 tbsps fresh chopped coriander

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

*Rogan Josh is spicy, yet creamy, a rich blend of tomatoes and seasonings.*

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

Feel free to increase the heat by adding chilli.

## **Cooking Method:**

Heat oil in your cook pot. Fry ginger, garlic, add the packet of spices and mix through. Add diced meat and stir until it is well coated. Add the sliced onions, diced tomatoes, tomato paste and water. Bring to the boil and let it simmer for 1 hour. Stir in cream, fresh coriander and simmer for 2 minutes. Take off the heat and serve with rice.