

# Sally's Keema Curry

## Ingredients:

300g lamb mince or 2 chicken breasts  
3 large white onions  
5 cloves garlic  
2 thumb sized pieces of ginger  
2 large tomatoes or 8 cherry tomatoes  
1/2 tin chopped tomatoes  
1 tin of coconut milk  
fresh coriander

## For Curry Powder:

2 tbsp coriander seed  
1 tbsp cumin seed  
1/2 tsp turmeric  
1/2 tsp fenugreek seed  
1/2 tsp mustard seed

## Step 1.

Finely slice 2 onions and 1 thumb sized piece of ginger (roughly match stick size) and fry gently for 10 minutes.



## Step 2.

Whilst the onion and ginger are frying it is time to make your paste.

Blend 1 onion, 5 garlic cloves, 1 thumb sized piece of ginger and all tomatoes until smooth.

Add to the onions and ginger after 10 minutes.



## Step 3.

Make your curry powder.

Using a pestle and mortar or a spice grinder, grind up all the ingredients for the powder.



## Step 4.

Add meat to the paste after a further 10 minutes and cook until the meat is browned, then add the ground spice mixture, the tinned tomatoes & coconut milk. Leave to cook for 2 hours.



## Step 5.

Season with salt & pepper and a generous sprinkle of fresh coriander. Serve with rice or naan bread.

