

Nanna's Curry



Ingredients

- 1 brown onion
- Spray oil
- 500g lean meat (beef, lamb, pork, kangaroo)
- 1 tablespoon curry powder
- 1 green apple
- 1 carrot
- 1 capsicum
- ½ sweet potato
- 2 cups water



- 1 tablespoon salt-reduced beef stock powder
- 1 tablespoon shredded coconut
- 1 tablespoon jam
- 1 tablespoon pickles
- 2 tablespoons cornflour

Equipment

Chopping boards, knife, frypan, large spoon, measuring cups and spoons, small bowl, spoon

How to make it



1. Dice onion. Turn frypan onto medium heat and spray with oil. Add onion to frypan, cook until softened.



2. Dice meat into small pieces. Add meat and curry powder to frypan and cook until meat is brown.



3. On a clean chopping board, dice apple, carrot, capsicum and sweet potato into small pieces, add to frypan.



4. Add water, stock powder, coconut, jam and pickles. Stir to combine. Cook for 10 minutes.



5. Mix cornflour and 2 tablespoons of water in small bowl. Add to frypan and stir for 5 minutes or until sauce thickens. Serve with rice.

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