

# *Spice is Nice II*

## **Fragrant, Spicy Minced Meat**

### **Ingredients**

1 or 1 1/2 lbs minced beef  
One large onion, thinly sliced  
2-3 pips garlic, thinly sliced  
1" fresh root ginger, thinly sliced  
2 tsp ground cumin  
2 tsp ground coriander  
2 tsp garam masala  
1 tsp ground turmeric  
1-2 tsp ground chilli  
2 tbsp tomato puree  
1/2 can of coconut milk  
2-3 stalks fresh coriander, chopped  
Salt to individual taste  
3-4 tbsp cooking oil

### **Method**

Heat the cooking oil in a wok  
When hot add the sliced onions, garlic and ginger  
When this begins to get brown, lower heat  
Add all the ground ingredients and continue to cook  
When fragrant, add the minced meat and cook until meat looks brown  
Add the tomato puree and coconut milk  
Cook over a medium heat until meat is done  
Add salt  
Stir in chopped coriander leaves and remove from heat