



KEEMA CHAWAL



SERVINGS:
4 ADULTS



TIME:
35 MINS



DIFFICULTY:
EASY



COST:
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Ingredients:

- 1 tbsp vegetable oil or ghee
- 1 large onion, peeled & finely diced
- Thumb-sized piece ginger, grated
- 3-4 cloves of garlic, peeled & crushed
- 2 tsp ground cumin
- 2 tsp cinnamon powder
- 2 tsp garam masala
- 500g lamb or beef mince
- 6-8 large tomatoes
- 3 tbsp lemon juice
- 300g uncooked rice
- 850 mls water
- Small bunch coriander, roughly chopped

Method:

1. Heat the oil/ ghee in a large saucepan (which has a lid), and add the onion, garlic, gingers and spices
2. Fry for 1-2 minutes on a medium/ high heat, until aromatic
3. Add the minced lamb/ beef and fry until brown (break the mince up with a spoon as it cooks)
4. Add the tomatoes, lemon juice, rice and water and stir well and simmer with the lid on for around 20-25 minutes, until the rice and meat are cooked and the water has been absorbed
5. Stir through the chopped coriander
6. Serve with sliced tomatoes on the side and enjoy!