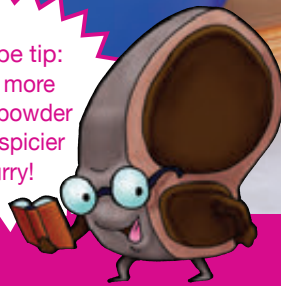




Recipe tip:  
Add more  
curry powder  
for a spicier  
curry!



## Nanna's Curry

Serves 6 - 8



### 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



**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.