



Beef Rogan Jenny

NIBBLEDISH CONTRIBUTOR

Ingredients

For 2:

- 200g diced beef
- 200g chopped tomatoes
- 100ml hot beef or veggie stock
- 6 cherry tomatoes, halved
- Half a courgette, chopped
- Half a red onion, chopped
- 1 tbsp balsamic vinegar

- 1 tsp grated ginger
- Some fresh coriander

- 2 sun dried tomatoes, finely chopped

- 1 tbsp groundnut oil
- 1 tbsp tomato puree
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp garam masala
- 1 tsp ground coriander
- 1 tsp garlic
- 1 tsp ginger
- Half tsp turmeric
- Some salt and pepper

OR

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- 2-3 tbsp rogan josh paste

Instructions

Go straight to step 2 if using ready made paste

1. Use a pestle and mortar to grind and mix the paste ingredients.
2. Fry the onion and beef in a little oil to brown.
3. Add the chopped tomatoes, stock, vinegar and paste and allow to bubble gently.
4. Turn the heat down and add in the rest of the veg. Leave to simmer for about 10 minutes, stirring occasionally til cooked through. Stir in some fresh coriander in the last few minutes.
5. Served with steamed basmati rice.