

Less than 1 hour

Serves 4

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This recipe is brought to you by [Nederburg wines](#). Find the perfect wine pairing for this curry below.

Ingredients

- 3 Tbsp (45ml) sunflower or canola oil
- 1 small onion, finely chopped
- 2 cloves garlic, finely grated
- 1 Tbsp (15ml) masala curry powder
- 1 tsp (5ml) ground cumin (or cumin seeds)
- 1 tsp (5ml) ground coriander
- 1 star anise
- 1 stick cinnamon
- 1 sprig curry leaves
- 1 Tbsp (15ml) fresh ginger, finely grated
- 1 can (410g) chopped tomatoes
- 1 tsp (5ml) sugar
- 1 large potato, peeled and cubed into 1cm cubes
- ½ a cup (125ml) water
- Salt and milled pepper
- 1 can (400g) hot chilli or tomato flavoured sardines
- 8 mini rolls of choice
- Fresh coriander and tomato salsa, for serving

Method

1. Heat oil over a low to medium heat until and cook onions and garlic until softened, about 8-10 minutes.

2. Stir in ground and whole spices and curry leaves.
3. Add ginger, canned tomatoes, sugar, potatoes and water. Season.
4. Cover with a lid and cook over low heat for about 30 minutes or until the potatoes are soft and a fragrant oil layer has formed on the surface of the curry.
5. Remove sardines from sauce and clean well, discarding any bones.
6. Add canned sauce into pan, stirring to combine well, and lay sardines on top.
7. Cover and gently simmer for 5 minutes.
8. Hollow mini rolls (keeping the base of the roll intact, so that the curry has a little bowl to sit in) and fill generously with the curry.
9. Garnish with a tomato salsa and fresh coriander, if you like.
10. Serve with a glass or two of Nederburg's delicious Cabernet Sauvignon.

Wine pairing



Make the most of its bracing but balanced relish and enjoy with a glass of [Nederburg](#) The Winemasters Cabernet Sauvignon. A wine with succulent berry, cherry fruit and oak flavours that gives a sinuous edge to this awesome dish.

COOK'S NOTE

You can replace the canned sardines with a can of chickpeas and 200g sauteed mushrooms for an easy vegetarian option.

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