

45 minutes

Serves 4 (as a main)

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Ingredients:

- 6 salad tomatoes, cored and diced
- 4 cloves garlic, sliced
- 2 red onions, sliced
- 2 packets palermo peppers, sliced (bell peppers work well too)
- 2-3 Tbsp (30-45ml) vegetable oil
- 2 Tbsp (30ml) mild curry powder
- 1 Tbsp (15ml) ground coriander
- 2cm knob fresh ginger, grated
- ½ packet (25g) tomato paste
- 1 quill cinnamon
- 2 sprigs curry leaves (bay leaves work well too)
- 2 cups (570g) long grain rice
- 3½ cups (875ml) chicken or vegetable stock

Method:

1. Blitz tomatoes, garlic, 1 onion and ½ the peppers together to form a puree.
2. Heat oil in a pot and fry the remaining half onions and peppers for 2-4 minutes.
3. Add spices and cook until fragrant before adding the blitzed puree, ginger, tomato paste, cinnamon and curry leaves.
4. Stir in the rice and stock.
5. Cover and cook for 15-20 minutes or until rice is tender (take care not to overstir as it may become starchy.)
6. Serve as is or with your choice of protein.