

Beetroot Curry

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Ingredients

	4	Serve
		80
Fresh beetroot, peeled and diced into 1.5 cm cubes	1	4 kg
Black mustard seeds	1 tsp	6 ½ tbs
Brown onion, finely chopped	½	2 kg
Fresh ginger, finely chopped	1 tsp	6 ½ tbs
Coconut milk	½ cup	2 ¼ litres
Oil	1 tbs	1 ¼ cup
Fresh curry leaves	8	160

Instructions

Heat oil in a pan and quickly pop mustard seeds. (Take care not to burn them or the dish will be bitter.) Add onion, curry leaves and ginger and fry until onion is translucent. Add coconut milk and beetroot and simmer partly covered until beetroot is tender. Beetroot takes longer to cook than you think.