

DURBAN BEEF MINCE BUNNY CHOW



Serving: 4

Cooking Time: 50 min

Prep Time: 10 min

INGREDIENTS

- 60ml (¼ cup) canola oil

- 2 garlic cloves, crushed
- 15ml (1 tbsp) mild curry powder
- 20 fresh curry leaves
- 1 onion, finely chopped
- 3 potatoes, cubed
- 1 carrot, cubed
- 1 x 410g kidney beans, with brine
- 125ml (½ cup) frozen peas
- 500g beef lean mince
- 1 large round Portuguese bread
- 45ml (3 tbsp) cheddar cheese, freshly grated

INSTRUCTIONS

1. Heat the oil in a pot and sauté, the garlic, curry, powder, curry leaves and onion for a few seconds, or until the onion is translucent. Add the meat and cook for a few more minutes
2. Add the potatoes, carrots, beans and peas. Simmer until the potatoes are cooked, add water if necessary.
3. Slice the top of the bread and remove the crumb leaving enough crust along the edges of the loaf and at the base. Spoon the curry into the bread and serve with the cheddar.