

POTATO AND TOMATO BREDIE



Serving: 4

Cooking Time: 30 minutes

Prep Time: 10 minutes

INGREDIENTS

- 30ml (2 tbsp) sunflower oil

- 2 onions, thinly sliced
- 5ml (1 tsp) ground cloves
- 2 sticks cinnamon
- Knob of ginger, grated
- 500g mutton cubed
- 1 x 400g peel tomatoes, chopped
- 1 red chili, seeded and chopped
- 250ml (1 cup) hot water
- 4 potatoes, skin on and quarter
- Salt, to taste
- Fresh parsley, to serve

INSTRUCTIONS

1. Heat the oil in a large pot and sauté the onions for a few seconds. Mix in the cloves, cinnamon, ginger and stir to combine.
2. Add the mutton and cook for a few minutes. Mix in the tomatoes, chili and continue to cook for (+/- 10 minutes).
3. Pour in the water, potatoes and season well. Cover and simmer until the potatoes are cooked, (+/- 20 minutes). Serve garnished with fresh parsley.