

TOMATO GOJOO/CURRY

A GREAT WAY TO ENJOY TOMATOES WITH EXOTIC FLAVOURS, SPICY, TANGY AND ESPECIALLY HEALTHFUL. TRY THEM JUST FOR FUN.
YOUR DINNER GUESTS WILL BE AMAZED

METHOD:

- CHOP THE TOMATOES (FRESH OR CANNED) AND THE PEPPER.
- HEAT THE OIL OR GHEE IN A PAN, ADD THE CUMIN AND GARLIC.
- WHEN THE CUMIN STARTS TO SPATTER, ADD THE ONION, CHILLI, THE GREEN PEPPER AND GINGER.
- FRY TILL THE ONION TURNS LIGHT GOLD IN COLOUR. ADD THE TOMATOES, SALT, SUGAR AND QUARTER CUP OF WATER.
- COVER AND COOK TILL THE TOMATOES BECOME PULPY AND THE WATER EVAPORATES. ADD THE CURRY POWDER AND STIR AND COOK FOR A COUPLE OF MINUTES.
- SERVE HOT, GARNISHED WITH CORIANDER LEAVES (THIS IS A GREAT SIDE DISH FOR RICE).

ENJOY IN THE GOOD COMPANY OF FAMILY OR FRIENDS

INGREDIENTS

TOMATO GOJOO/CURRY
SERVES SIX

- 12 LARGE RIPE PLUM TOMATOES OR -
- 1 LARGE CAN OF PLUM TOMATOES 800 GRAMMES
- 1 LARGE ONION
- 1 GREEN BELL PEPPER
- 1 GREEN CHILLI
- 2 CM OF FRESH GINGER
- 2 TABLE SPOONS OF CHOPPED CORIANDER LEAVES
- 2 TABLESPOONS OF MILD OR MEDIUM CURRY POWDER
- 4 SOUPSPoons OF SUNFLOWER OIL OR GHEE
- 2 TEASPOONS OF SUGAR
- 1 TEASPOON OF SALT
- 1 TEASPOON OF CUMIN SEEDS
- 1 TEASPOON OF GARLIC POWDER OR 2 CLOVES OF FRESH GARLIC

