



free khorma recipe



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Easy Khorma with Beef, Lamb or Chicken

ingredients

- 1 onion, diced
- 50g Island Curries Khorma paste
- 500g diced meat
- 1/2 cup sweet potato, pumpkin, parsnip
- 1/2 cup coconut milk or Greek yoghurt
- 1/2 cup coriander leaves

method

Brown a diced onion in a hot saucepan with 1 tbsp oil. Add 500g diced meat & 50g Island Curries Khorma, Madras or Vindaloo paste, stir until simmering. Add chilli to taste (1/4 tsp = hot). Reduce heat, add about 1 cup of diced sweet potato or pumpkin or parsnip, add 1/2 cup chopped coriander leaves & 1/2 cup of coconut milk or Greek yoghurt. Serve with basmati rice. Garnish with fresh coriander leaves and/or fresh chilli.

Note: excellent with chicken thigh meat.

Island Curries Lamb Khorma

ingredients

- 1 tbsp canola oil
- 1 onion, diced
- 50g Island Curries Khorma paste
- 500g diced lamb
- cup mixed veg
- chopped coriander leaves
- chilli to taste
- Greek yoghurt

method

Heat 1 tbsp oil in a pot. Add a diced onion and brown. Add 50g Island Curries Khorma paste, stir 3-4 mins. Add 500 gm of diced lamb, high heat, stirring 8-10 mins (add 1/2 cup each of cubed potato & Kent pumpkin). Add chilli powder (1/4 tsp = hot) and 1/2 cup chopped coriander leaves. Reduce heat to low and cook for 20 mins. Add 2 tbsp Greek yoghurt, stir and simmer, or serve with yoghurt on the side. Garnish with coriander leaves and/or fresh chilli. Serve with Basmati rice.



chennai

khorma

bengal

achaari

goan

tandoori

vindaloo

madras

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free achaari recipe



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Easy Chicken (or Pork) Curry

ingredients

- 1 tbsp canola oil
- 1 onion, diced
- 50g Island Curries Achaari paste
- 500g diced chicken
- 400g tin of diced tomatoes
- 1/2 cup coriander
- 1/2 cup Greek yoghurt

method

Brown a diced onion in a tbsp of oil, hot pan. Add 500g diced chicken with 50g Island Curries Achaari, paste, stir until simmering and cooked, add chilli to taste (1/4 tsp = hot). Reduce heat, dice & add a 400g tin of diced tomatoes, up to half cup chopped coriander leaves + half a cup of Greek yoghurt or coconut milk. Serve with basmati rice (yoghurt can be served on the side).

Island Curries Achaari Chicken Curry

ingredients

- 1 tbsp canola oil
- 1 onion, diced
- 50g Island Curries Achaari paste
- 500g diced chicken
- 1/2 cup potato
- 1/2 cup pumpkin
- 1 cup spinach leaves
- 1/2 cup coriander leaves
- chilli to taste
- 2 tbs Greek yoghurt

method

Heat 1 tbsp oil in a pot. Add a diced onion and brown. Add 50g Island Curries Achaari, Vindaloo or Tandoori paste, stir 3-4 minutes. Add 500 gm of diced chicken, high heat, stirring for 10 mins. (Optional: add 1/2 cup each cubed potato & Kent pumpkin, 1 cup spinach leaves). Add chilli powder to taste (1/4 tsp = hot). Add 1/2 cup fresh chopped coriander. Reduce heat to low and cook for 20 mins. Add 2 tbs Greek yoghurt, stir and simmer. Serve with Basmati rice.



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