



free vindaloo recipe



NEW Tasmanian made curry pastes!

Island Curries Vindaloo

ingredients

- 1 tbsp canola oil
- 1 onion, diced
- 50g Island Curries Vindaloo paste
- 500g diced beef
- chilli to taste
- 1 can tomatoes
- 1/2 cup beans/peas
- 1 cm cubed potato
- fresh coriander
- Greek yoghurt

method

In hot pan, add 30ml oil and brown an onion thoroughly. On high heat, Add 500g of trimmed, diced beef per 50g Island Curries Vindaloo Paste. Stir for approx. 10 mins. Add chilli powder to taste (1/4 tsp = hot). Reduce heat to low, add 1 can diced tomatoes, 1/2 cup 1cm cubed potato, 1/2 cup beans, peas and 1/2 cup coriander leaves, simmering slowly until cooked, simmer briefly. Serve with Basmati rice (yoghurt may be served on the side).

Easy Vindaloo for Beef, Lamb or Chicken

ingredients

- 1 onion, diced
- 50g Island Curries Vindaloo paste
- 500g diced meat
- chilli to taste
- 1 can diced tomatoes
- 1/2 cup chopped coriander leaves
- 2-4 tbsp Greek yoghurt or coconut milk

method

Heat 1 tbsp oil in a pot. Add a diced onion and brown. Add 50g Island Curries Vindaloo paste, stir 3-4 minutes. Add 500 gm of diced meat, high heat, stirring for 10 mins. Add chilli powder to taste (1/4 tsp = hot) & 1 can of diced tomatoes. Add 1/2 cup fresh coriander leaves. Reduce heat to low and cook for 20 mins. Add 2-4 tbsp yoghurt or coconut milk, stir and simmer. Serve with Basmati rice (yoghurt may be served on the side).

Vindaloo

Massaman

Bengal

Butter
Chicken

Madras

Khorma