



Beef Vindaloo

500g-1kg beef cut into pieces, 1/4 cup oil, 1 medium sized onion diced, 4 cloves garlic diced, 2 level tbsp Beef Vindaloo curry blend, 1/2 cup vinegar (optional), 1 tsp black mustard seed (optional), salt to taste and 2 cups of water.

Heat the oil in a pan until hot and add the mustard seeds and fry until they splutter. Add the onions and garlic and fry until soft, add the Beef Vindaloo curry blend and fry until aromatic. Add the meat and brown it well, add the water and vinegar, bring to the boil and simmer until the meat is tender. Season with salt.