

South African Curry and Rice

Yield: 6 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-curry-durban-recipe>

Ingredients:

- 2 1/4 pounds beef mince
- 2 onions peeled and finely chopped
- 2 teaspoons crushed garlic
- 1 tablespoon olive oil
- 2 cups water
- 4 large carrots peeled and chopped fine
- 3 potatoes peeled and finely cubed
- 1 3/8 tablespoons tomato sauce
- 1 3/8 tablespoons white vinegar
- 2 tablespoons brown sugar
- 9 teaspoons curry powder
- 1 teaspoon ground turmeric
- 1 1/2 teaspoons flour
- 1 teaspoon salt
- 2 cups chutney fruit
- 1 sprig fresh rosemary chopped

Nutrition:

1. Calories: 810 calories
2. Carbohydrate: 105 grams
3. Cholesterol: 115 milligrams
4. Fat: 28 grams
5. Fiber: 7 grams
6. Protein: 35 grams
7. SaturatedFat: 10 grams
8. Sodium: 600 milligrams
9. Sugar: 61 grams
10. TransFat: 1.5 grams

Thank you for visiting our website. Hope you enjoy South African Curry and Rice above. You can see more 16 south african curry durban recipe They're simply irresistible! to get more great cooking ideas.