

# Keema Rice

## Ingredients

Cooked rice	2tsp ginger, grated or paste
Beef mince	Handful of fresh coriander
1 onion	3 cloves Garlic
1 carrot	1tsp Chilli powder
2 tomatoes	1tsp Cumin seeds
1 carrot	½ tsp Coriander powder
½ cup of frozen peas	½ tsp Turmeric
1 or 2 green chillis	1tsp Garam masala
1 Red bell pepper	2tsp Salt & ½ tsp pepper

## Method

1. Put the rice in a pan to cook. In the meantime, prepare all of the vegetables (diced small).
2. When the rice is cooked, strain and rinse under cold water. Then set aside for later.
3. First we stir fry the onion, carrot, garlic & ginger over a medium to high heat for 1-2 minutes until the onion starts to soften.
4. Then add the beef mince (or vegetarian alternative), green chilli & bell pepper and cook until the meat is no longer pink.
5. Next add the seasoning spices and salt & pepper taste.
6. Add the chopped tomatoes and cook until they become slightly soft.
7. Now add the green peas, cooked rice and combine well with other ingredients. Continue to cook for another 2 minutes. Do a taste test and add more salt & pepper if needed.
8. Turn off the heat, stir in fresh coriander and serve.