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Ingredients

- 400 gm cubed beef
- 3 tablespoons oil
- 2 diced carrots
- 2 inch grated ginger
- 1 tablespoon garam masala
- 1 tablespoon pilau masala
- 1 cup boiled peas
- 2 cups rice
- 2 tablespoons tomato paste
- 1 chopped onion
- 2 chopped fresh chillies
- 1 tablespoon crushes garlic
- 3 cups beef stock



Preparation Method

1. Light your **Envirofit Supersaver Charcoal Jiko** using little charcoal.
2. Heat frying pan and add the oil, onion, garlic, ginger and diced carrots.
3. Add the beef and fry until golden.
4. Add the pilau masala, garam masala, chillies and tomato paste and rice and mix.
5. Reduce the heat and simmer for 15 minutes.
6. Stir in the peas and chopped coriander.
7. Serve and see your family enjoy and want more!