



#ENVIROFIT SUPERCHEF MODERN TWISTS

WITH **CHEF ALI MANDHRY**
& **ENVIROFIT SUPERSAVER CHARCOAL**
Envirofit.org/SuperChef

Kebab curry with a modern twist (Serves 4)

Kebabs ingredients

- 1 kg minced beef
- 3 onions, finely chopped
- 2 eggs
- ½ cup breadcrumbs
- 1 tablespoon minced green chili
- 1 teaspoon cumin powder
- 1 tablespoon coriander powder
- 1 lime, squeezed
- ½ teaspoon garlic minced
- Chopped fresh coriander
- 2 tablespoons of oil
- Salt to taste

Sauce ingredients

- 1 teaspoon garlic ginger, minced
- 2 tablespoon oil
- 2 onions, sliced
- 4 tomatoes, chopped
- 3 tablespoons tomato paste
- 1 teaspoon black pepper
- Chopped coriander for garnish



Preparation Method

1. Light your **Envirofit SuperSaver Charcoal** jiko using a ½ tin of charcoal.
2. Mix all the kebab ingredients in a bowl then roll them into balls.
3. Heat up a little oil in a pan and place kebabs into hot oil and keep turning until brown and cooked.
4. In a separate pan, fry the onions and garlic ginger paste. Then add fresh tomatoes, tomato paste, salt and pepper. Cook to a thick paste.
5. Add in cooked kebab and let it cook for 5 more minutes.
6. Garnish with chopped coriander & serve with rice or chapati. Enjoy!