

LEAF MASALA RECIPE

Leaf Masala is a 12 in one spice mix that can be used for mutton, chicken or veg. This easy to make dish will have you eating real Indian curry.

Ingredients:

- 1 kg meat, chicken, beef or vegetables
- 2 onions sliced
- 200gr tomatoes
- 2 tsp garlic & ginger paste
- 2 tbs Atlas Leaf Masala

Method

- 1) Braise onions until golden brown
- 2) Braise tomatoes with onions
- 3) Add 2 tsp garlic & ginger paste
- 4) Add meat and cook until nearly done
- 5) Stir well in pot and add 2 tbs Atlas Leaf Masala
- 6) Add 2-3 cups of warm water – give fast boil – then let curry simmer until done
- 7) Serve with rice, roti or naan bread.