



Recipe

Dawood Basha

Recipe serves - 4 people

Ingredients - Stew	Amount
Low fat Australian minced Beef	700 g
Odourless coconut oil	4 tablespoons
Brown Onion (cut in half and sliced thinly)	2 onions
Pink Salt	1 1/2 teaspoons
7 spices	1 teaspoon
Black pepper	1/4 teaspoon
Water	2 cups
Tomato paste	2 teaspoons
Flour	1 1/2 tablespoons
Lemon	1 tablespoon

Instructions

1. In a bowl, mix the minced beef with 1 teaspoon of salt, the black pepper and 7 spices with your hands (wearing gloves). Form little balls and set aside.
2. Add 2 tablespoons of coconut oil to a non-stick frying pan and fry the meatballs until a little golden (around 10 mins)
3. In a large pot add 2 tablespoons of coconut oil and sauté the sliced onions until soft. Add the meatballs, water and tomato paste. Meanwhile in a separate small bowl, mix the flour with 1/4 of a cup of cold water and mix well. Slowly add this to the stew while mixing.
4. Season with a little more salt and pepper to taste and simmer on low heat for 15mins. Turn the heat off and add the lemon juice.. Serve with brown or vermicelli white rice.



NOTES

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