

DEEP-FRIED CURRY AND RICE BITES

Makes 15

INGREDIENTS

For the rice:

- 1 cup Spekko Royal Umbrella Jasmine Long Grain Rice
- 1 tsp ground turmeric
- ½ tsp salt

For the curry:

- 1½ tsp oil
- ¼ onion, finely chopped
- 1½ tsp medium curry powder
- 50g beef mince
- 1½ tsp tomato paste
- ¼ cup IMBO Whole Black Lentils
- ½ cup beef stock
- Salt and pepper, to season
- ¼ cup frozen peas

To assemble:

- ½ cup flour
- 1 egg, beaten
- 1 cup breadcrumbs
- Oil, for frying

Serving suggestion:

- Chutney
- Fresh coriander leaves

METHOD

1. To prepare the Spekko Royal Umbrella Jasmine Long Grain White Rice in the microwave, place the rice in a microwave-safe bowl (with high sides and a fitted lid) and cover with 3 cups of boiling water. Add the salt and turmeric and stir well.
2. Microwave on high, uncovered, for 15 minutes. Remove from the microwave and immediately place the lid on the bowl to steam for 10 minutes until all the liquid has been absorbed. Allow to cool completely.
3. Soak the IMBO Whole Black Lentils in water for 30 minutes to reduce the cooking time.
4. To prepare the curry, heat the oil in a medium pot over a medium heat and sauté the onion until soft, about 5 minutes. Add the curry spice and stir until infused, about 30 seconds.
5. Add the beef mince and stir until caramelised, then stir through the tomato paste.

- FOODIES**
OF SOUTH AFRICA