

Sea Beet Curry

Ingredients (serves 2)

- 500g sea beet (sliced)
- 1 onion (sliced)
- 2 red chillies (chopped)
- 350g cherry tomatoes (quartered)
- 2 garlic cloves (sliced)
- 1tbsp cumin seeds
- 1tbsp black pepper corns
- 2cms piece of fresh ginger (skinned and chopped)
- ½ tsp whole cloves
- 1tbsp turmeric powder
- 2tsp ghee or vegetable oil
- sea salt to taste

Instructions

1. Cut the onion into thin slices, then wash the sea beet and remove the stalks from the leaf blade, chop the leaf and set aside, then chop the stalks and set aside in different pile.
2. Next grind the cloves, cumin seeds and black pepper corns either in an electric spice or coffee grinder or by hand using a mortar and pestle.
3. Then heat the ghee and lightly fry the garlic along with the onion, chillies, ginger, ground cloves, cumin and black pepper, and chopped sea beet stalks. Stir continuously while frying until the sea beet stalks are starting to soften and the onion is translucent.
4. Turn the heat down, then stir in the tomatoes, salt, and sea beet leaves. At this stage depending on how thick everything is you might want to add a dash of water, then put a lid on and let it simmer very slowly until everything is cooked
- 5.

