



Nisha Katona's Madras Meatballs with Turmeric Rice

This is my version of Nisha's simple curry of spiced meatballs in a fragrant madras sauce and it takes under 30 minutes to make. I added Turmeric rice because fresh turmeric lessens inflammation, improves memory, helps with pain and fights free radicals

Serves: 12, Prep time: 15:00, Cook time: 00:30

Instructions

1. Heat the oil in a large, heavy-based pan over a medium-high heat. Add the onions and cook, stirring occasionally, for 6 minutes, until soft and translucent.
2. Add the garlic, ginger, red peppers and fenugreek leaves and cook, stirring, for a further 2 minutes, until the onions have started to turn golden brown.
3. While the onions are cooking, put all the ingredients for the meatballs in a large bowl and mix with your hands until well combined. Set aside.
4. Add the garam masala, chilli powder and ground turmeric to the pan with the onions and stir to combine, then tip in the salt, sugar, chopped tomatoes and

Ingredients

- 100 milliliters Coconut oil (3.5 oz (U.S.))
- 2 Onions, Chopped
- 2 Ginger, Thumb sized, peeled & grated
- 6 Garlic, cloves, Crushed
- 2 Red peppers, Chopped
- 1 teaspoon Fenugreek leaf , Dried
- 2 tablespoon Garam Masala
- 0.25 teaspoon Chili Powder
- 1 teaspoon Turmeric, dried powder
- 1 teaspoon Sea Salt
- 1 teaspoon Sugar, white
- 400 grams Chopped tomatoes, can (14 oz)
- 80 grams Baby Spinach Leaves (3 oz)
- 1 Fresh coriandar leaves and stems, handful chopped

400ml of boiling water and stir again until well combined.

5. Bring the mixture to a boil, then reduce the heat to a lively simmer and leave to bubble away while you make the meatballs.

6. Take a heaped teaspoon of the meatball mixture and roll in your hands to form a small meatball. Set aside and repeat the process until all of the meat is used up.

7. Drop the meatball into the simmering sauce and stir to coat the meat in the sauce.

8. Leave to cook for 10 minutes, then stir through the spinach and cook for 5 minutes more.

9. Divide the curry between serving plates or bowl and serve garnished with fresh coriander cilantro and with cooked rice alongside.

Cook your rice in the normal way but add the chicken stock cube and grated fresh turmeric in the water. Be careful when grating the tumeric as it stains everything!

As with all curries it will be better the day after!

I like this recipe as you can use cheaper meat and it goes a long way and is really tasty. I serve with greek yogurt, chopped onion, flat breads and mango chutney.

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- 500 grams Chicken mince (1 lb 1.5 oz)
- 1 tablespoon Cumin, Ground
- 1 tablespoon Coriander, Ground
- 1 teaspoon Sea Salt
- 1 Coriander stalks, chopped
- 300 milligrams Basmati rice
- 3 Fresh turmeric root, 3cm grated
- 1 Chicken stock cube