

## INDIAN MINCE WITH TOMATO SALAD



**This flavour-packed dish is super-cheap and speedy to make, the perfect family meal**

1 red onion, sliced  
300g beef mince  
2 tbsp medium or mild curry powder  
100g dried red lentils  
700ml hot beef stock  
3 tomatoes  
handful coriander leaves  
4 mini naan bread

In a non-stick frying pan, dry-fry onion and mince over a high heat for 2 mins, breaking up the mince as you go. Stir in the curry powder and lentils, pour in stock, then fiercely simmer for 10 mins.

While the mince is cooking, dice the tomatoes and roughly chop the coriander, then mix together in a small bowl. Put the naans briefly in a toaster to warm through, then pop one on each plate. Spoon a quarter of the mince over each naan, then top with a spoonful of the fresh tomato and coriander salad.

### **Make it veggie - Spicy beans**

Fry the onion in 2 tsp oil, then stir in curry powder with 1 tsp cumin seeds. Double the lentils, stir in with the stock, then bubble for 10 mins. Add the tomatoes with a 400g can kidney beans, drained, then cook for 5 mins. Serve with warm naan.