

CHEESY CURRY MINCE PAPTERT

Serves 4-6

Hands-on time: 25 minutes

Hands-off time: 30 minutes

INGREDIENTS

For the pap:

2 cups White Star Super Maize Meal

2 tbsp (30g) butter

2 cups (375g) grated cheddar cheese

½ tsp salt

For the curry mince:

2 tbsp oil

1 brown onion, chopped

1 tbsp mild curry powder

500g lean beef mince meat

2 medium carrots, chopped

2 tbsp tomato paste

1 cup beef stock

½ tsp each salt and pepper

Serving suggestion:

Green salad

METHOD

1. Preheat the oven to 180°C and grease a baking dish with non-stick spray.

For the pap:

2. Bring a large pot with 2½ cups of salted water to the boil. Mix another 2 cups of water with 2 cup of White Star Super Maize Meal to form a slurry. Gradually add the maize meal paste to the boiling water while stirring with a wooden spoon. Cover the pot with a lid. Bring to the boil and cook on a medium heat for 10-12 minutes. **Chef's Tip: Keep an eye on the pot to ensure that the pap does not burn.*
3. Add the butter and 1 cup of grated cheese and stir until combined. Season to taste with salt and set aside.

For the curry mince:

4. In a medium-sized pot, heat the oil. Add the chopped onion and curry powder. Sauté until translucent, about 3-5 minutes. **Chef's tip: Use a hot curry powder for a spicier version.*
5. Add the beef mince, chopped carrots and tomato paste. Stir until the mince has browned. Add the stock, salt and pepper and allow the mince to simmer on medium heat until slightly thickened. Cook for about 15 minutes. **Chef's Tip: The mince meat mixture should still be saucy.*

