



## Spicy Indian mince and rice



This is one of our most popular healthy Indian mince recipes. Easy to make and ready in under 30 minutes this spicy mince and rice dish is guaranteed to spice up any weeknight dinner. Not only diabetes friendly, it's also high in iron and dairy free.

Reviewed by our expert panel

**Serves: 4**

**Time to make: 25 mins**

## Ingredients

- 1 tablespoon canola oil
- 1 large onion, finely diced
- 2 cloves garlic, peeled, chopped
- 1 tablespoon grated fresh ginger
- 400g lean lamb or beef mince
- 2 teaspoons curry powder
- 2 teaspoons garam masala
- ½ teaspoon chilli powder
- ½ teaspoon whole cloves
- ½ teaspoon ground cinnamon
- 2 bay leaves
- 3-4 whole cardamoms, crushed (optional)
- 1 cup long-grain or basmati rice
- 400g can chopped tomatoes in juice
- 2 cups liquid chicken stock
- salt and pepper, to taste
- toasted slivered almonds and currants
- chopped fresh coriander (optional)

## Instructions

- 1 Heat oil in a large non-stick frying pan (an electric frying pan is ideal). Add onion and garlic. Cook, stirring frequently, for about 5 minutes, or until onion begins to brown.
- 2 Stir in ginger and mince. Break up any lumps and cook, stirring frequently, until mince has lost its pink colour.
- 3 Add seasonings. Cook for 1-2 more minutes then add rice, tomatoes in their juice and stock. Break up tomatoes and bring mixture to the boil. Reduce heat to a gentle simmer. Cover and cook, stirring occasionally, for about 15 minutes, or until rice is tender.
- 4 Season with salt and pepper then serve. Garnish with a sprinkling of almonds, currants and coriander (if using).

## Variations

Make it gluten free: Use gluten-free stock, and check your tomatoes are a gluten-free brand.

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