



# meatball TIKKA masala

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There is no better way than to accompany your starches than with these juicy meatballs bathed in a rich tikka masala sauce. You'll never forget my tikka masala meatballs!

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## Ingredients

### For the balls:

1 kg of minced beef

1 egg

1/2 a cup of bread crumbs

1 lemon, juiced

5 cloves of garlic, minced

1/2 of thumb sized ginger root, minced

1/2 a teaspoon of dried thyme

1 heaped teaspoon of black pepper

1/2 teaspoon of cayenne pepper

3 tablespoons of plain yoghurt

For the tikka masala sauce:

2 tablespoons of royco all spice

3 carrots, finely diced

1 tablespoon of black pepper

4 large tomatoes, grated

1/4 teaspoon of turmeric

2 tablespoons of tomato paste

1 teaspoon of cumin powder

2 red onion, finely diced

1 tablespoon of coriander powder

Plain yoghurt, approx 1/2 a cup

1/2 green bell pepper, finely diced

Salt to taste

Method

Put your minced beef in a large bowl. Then add the pepper, cayenne, bread crumbs, whisked egg, the yoghurt, thyme, ginger and garlic. Mix everything until all the ingredients are distributed evenly throughout the meat.

Take small handfuls at a time and roll them into balls. Roll and set aside. The egg and crumbs allow them to stick quite easily so there is no need of making them too compact.

Put some oil in a large pan or a flat grill and grill or shallow fry the balls. It should take about 8-10 minutes for them to cook through.

Once all of them are done, set them aside and begin working on the tikka masala sauce.

For the sauce:

Add the onions, ginger and garlic to some heated oil in a sufuria and allow them to fry until they soften. This should be about 2-3 minutes. Be careful not to burn the garlic.

Then add the tomatoes, 3/4 of the carrots and 3/4 of the diced green bell pepper. Mix it all up then add tomato paste together with 1/4 cup of hot water. Mix your salt, royco, black pepper, turmeric and coriander powder to form a thick paste and add this to the sauce. Let this simmer for about 5 minutes.

Then throw in your meatballs into the sauce along with the remaining carrots and bell pepper. Add the rest of the yoghurt and mix it in until all white streaks disappear. Cover with a lid and allow this to simmer on low heat for 10-15 minutes. This time frame also allows the flavor of the meatballs and that of the sauce to meld. If you feel the sauce is reducing, you can add some hot water or beef stock (1/4 cup at a time to retain the thickness).



As the meatball tikka masala is simmering, finely chop your fresh coriander which will serve the purpose of your garnish.

Once it is done, remove from the heat, garnish and serve :))



SERVE WITH: Any rice dish/ baked potatoes/ chapatti/ ugali plus your fave vegetable

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This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/tikka-masala-meatballs/>