

# TANGY SWEET CURRY

## INGREDIENTS

1kg steak (chuck, round or blade)  
cut into 1" pieces

2 large carrots, diced

1 large onion, finely chopped

1 tablespoon golden syrup

2 tablespoons flour

10oz can tomato soup

4 sticks celery, sliced

1 dstsp Curry powder

Juice ½ lemon

1 cooking apple, chopped

1 cup water

## PROCEDURE

Place meat and vegetables  
into large pot.

Blend flour, curry powder,  
salt with golden syrup and  
lemon juice.

Add to meat and  
vegetables with tomato soup  
and water and mix well.

Cover and simmer gently for  
2 hours or until meat is  
tender.

Serve with rice.

Submitted by Gwen Wilton

