

Ingredients

	Quantity:	Measure:	Ingredients:	Description:
	1	Large	Chicken	or Beef
2		Inch	Ginger	Ground Masala
1		Tablespoon	Pepper Corns	Ground Masala
3		Tablespoon	Soya Sauce	Ground Masala
3		Flakes/Seeds/Cloves	Garlic	ground masala
3		Medium	Chillies Green	Ground masala
5		Tablespoon	Wine, Red	Mix with ground
Quarter		Kilogram	Capsicums - Green	for frying
Quarter		Kilogram	Onion Leeks-Spring Onions	use the onions a
5		Tablespoon	Cooking Oil	Meat and Masala
2		Tablespoon	Soya Sauce	mix with ground

▮ Method

Cut the meat, clean with fresh water, and keep aside.

Prepare the ground masala and mix it with 1 table spoon of red wine. Marinade the meat with this masala with a little Soya sauce for 3 to 4 hours.

Fry slices of capsicums, spring onions, and leeks separately. Then fry the marinated meat in a covered pan, with a dash of Soya sauce. Arrange the meat in layers, with fried capsicums and other ingredients, in a Oven proof dish, and heat it up before serving