

Watermelon Rind Curry

Author: Ashley Thomas

Ingredients

- 4 cups watermelon rind, tough green skin removed and cut into ½ inch pieces
- 2 tablespoons Grassfed Organic Ghee
- ½ teaspoon Cumin Seeds
- 5 cloves garlic, minced
- 1 inch ginger, minced
- ½ serrano pepper, seeds removed, minced
- 1 teaspoon Paprika
- 1 teaspoon Coriander Powder
- ½ teaspoon Amchur (Dried Mango) Powder
- ¼ teaspoon Kashmiri Chili Powder (you can leave this out if you don't like spicy food)
- ¼ teaspoon Turmeric Powder
- ½ teaspoon Fine Sea Salt
- ¼ cup water
- ¼ teaspoon Garam Masala

Instructions

1. Melt ghee in a pan on medium heat.
2. Add cumin seeds. Once they begin to splutter, add the ginger, garlic and serrano pepper.
3. After a minute, add the paprika, coriander powder, amchur, kashmiri chili, turmeric, and salt.
4. Add the watermelon rind and water and mix well.
5. Cover and cook for 10-12 minutes, stirring at the halfway mark.
6. Once the rind is soft and most of the water is absorbed, remove the lid and add the garam masala.
7. Mix well and cook for another couple minutes.
8. Remove from heat and serve.

Notes

You can also brown some ground meat and mix it in with this watermelon rind curry to make this a meal.