

# Mix Bean Curry



The tastes and aromas  
of Indian food by  
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An all year round favourite, family and friends alike adore the fresh flavours of home-cooked curries so I am delighted to share this recipe with you (just in case you are feeling adventurous, relaxed and ready to feed your guests something memorable).

*For meat lovers, add fresh chicken pieces or prawns and cook through before the beans go in :-)*



## Ingredients

- 2-3 tins of Edgell Bean Mix (washed and drained)
- 2 large onions
- 4-5 garlic pieces (or equivalent paste)
- Half inch ginger piece (or equivalent paste)
- 2 large tomatoes
- Oil for frying
- 1 tsp cumin seeds
- 2 pieces anise star
- 3/4 tsp ground turmeric
- 1 tsp chilli powder (add more, to taste)
- 1 tsp ground cumin
- 2 tsp each ground coriander & garam masala
- 2 tsp sugar
- Salt to taste
- 1 200ml can light coconut milk
- 1-2 cups of water

## Let's Create

1. Finely grind onions, ginger and garlic.
2. Heat oil and add cumin seeds and anise star.
3. Add onions and fry until brown.
4. Add finely chopped tomatoes, fry till soft and oil separates.
5. Add ground spices and turn the heat down.
6. Give it a mix and add your beans.
7. Add water and simmer for ten minutes.
8. Add coconut milk and simmer for 5-7 minutes.
9. Taste check for a balance of flavours. Add fresh coriander and serve with rice or breads to mop up all the juices. Enjoy!