



# Pea and Cannellini Bean Curry

with tomato onion salsa and naan

Family Veggie 20-25 mins

9



Cannellini Beans



Naan



Onion



North Indian Style Spice Mix



Peas



Coconut Milk



Korma Curry Paste



Tomato



Coriander



Chilli



Passata

Pantry Items: Water, Oil, Salt, Pepper, Sugar



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Pot with lid, sieve

## Ingredients

	2P	4P
Cannellini Beans	1 pack	2 packs
Naan	2 units	4 units
Onion	2 units	4 units
North Indian Style Spice Mix	2 sachets	4 sachets
Peas	240 g	480 g
Coconut Milk	1 pack	2 packs
Korma Curry Paste	1 sachet	2 sachets
Tomato	2 units	4 units
Coriander	5 g	10 g
Chilli	1 unit	2 units
Passata	1 pack	2 packs

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	809 g	100 g
Energy (kJ/kcal)	3782.3 kJ/ 904 kcal	467.5 kJ/ 111.7 kcal
Fat (g)	23.7 g	2.9 g
Sat. Fat (g)	16 g	2 g
Carbohydrate (g)	129.7 g	16 g
Sugars (g)	32.5 g	4 g
Protein (g)	34.5 g	4.3 g
Salt (g)	5.5 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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## Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve, peel and chop the **onion** into small pieces.
- Drain and rinse the **cannellini beans** in a sieve.



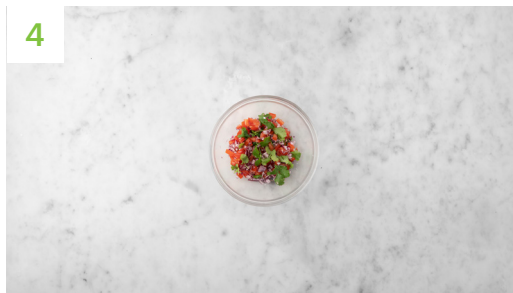
## Soften the Onion

- Place a large pot over medium-high heat with a drizzle of **oil**.
- Add **half** the **onion** and fry until softened, stirring occasionally, 4-5 mins.
- Season with **salt** and **pepper**.
- Add the **North Indian spice mix** and **cannellini beans** and fry until fragrant, 1 min.



## Simmer the Curry

- Pour the **passata**, **coconut milk**, **korma curry paste**, ¼ tsp **salt** and ½ tsp **sugar** (double both for 4p) into the pot.
- Cover and simmer for 4-5 mins.
- When 1 min of cooking time remains, stir in the **peas**.
- Add a splash of **water** to loosen the curry if you feel it's too thick.
- Taste and season with **salt** and **pepper**.



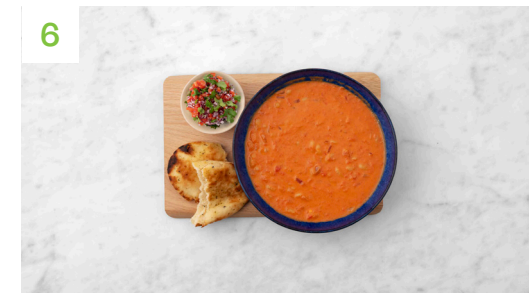
## Make the Salsa

- While the curry simmers, cut the **tomato** into 1cm chunks.
- Halve the **chilli** and discard the core and seeds. Finely chop.
- Roughly chop the **coriander** (stalks and all).
- Toss the **tomato**, **coriander** and **chilli** (use less if you don't like spice) together with the remaining **onion**.
- Season to taste with **salt** and **pepper**.



## Warm the Naans

- Sprinkle a little **water** over each of the **naans**.
- Pop them into the oven to warm through, 2-3 mins.



## Finish and Serve

- Divide the **cannellini bean** and **pea** curry between bowls.
- Top with a spoonful of **onion tomato** salsa.
- Serve the warm **naans** and any remaining salsa alongside.

Enjoy!