



Kidney Bean Curry with cucumber and coriander salad

Veggie 20-25 mins

7



Red Kidney Beans



Chopped Tomato with Onion & Garlic



North Indian Style Spice Mix



Creme Fraiche



Onion



Garam Masala



Lemon



Coriander



Cucumber



Rice

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

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

Lid, pot, sieve

Ingredients

	2P	4P
Red Kidney Beans	1 pack	2 packs
Chopped Tomato with Onion & Garlic	1 pack	2 packs
North Indian Style Spice Mix	1 sachet	2 sachets
Creme Fraiche	125 g	250 g
Onion	1 unit	2 units
Garam Masala	1 sachet	2 sachets
Lemon	½ unit	1 unit
Coriander	5 g	10 g
Cucumber	½ unit	1 unit
Rice	150 g	300 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	689.5 g	100 g
Energy (kJ/kcal)	3390.2 kJ/ 810.3 kcal	491.7 kJ/ 117.5 kcal
Fat (g)	29.2 g	4.2 g
Sat. Fat (g)	16.5 g	2.4 g
Carbohydrate (g)	107.5 g	15.6 g
Sugars (g)	17.7 g	2.6 g
Protein (g)	23.8 g	3.5 g
Salt (g)	2.6 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe.

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.

Contact

Thumbs up or thumbs down?
Head online or use the app to rate this recipe.

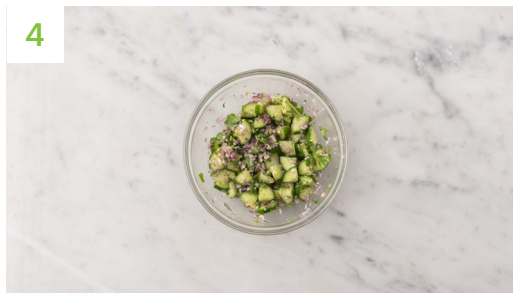


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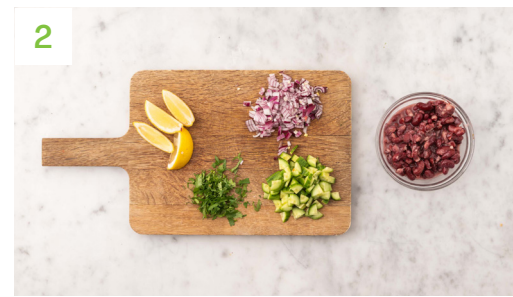
Cook the Rice

- Add 300ml cold **salted water** (double for 4p) to a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Leave to cook for 10 mins, then remove the pot from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



Make the Salad

- Meanwhile, in a bowl mix the chopped **cucumber**, remaining chopped **onion** and **half the coriander**.
- Season to taste with **salt**, **pepper** and **lemon** juice.



Get Prepped

- Halve, peel and chop the **onion** into small pieces.
- Trim **half** the **cucumber** (double for 4p), then quarter lengthways. Chop widthways into small pieces.
- Roughly chop the **coriander** (stalks and all).
- Quarter the **lemon**.
- Drain and rinse the **beans** in a sieve. Mash **half** with a fork.



Finishing Touches

- Stir **half the creme fraiche** into the curry and allow to warm through.
- Season to taste with **salt**, **pepper** and **sugar**.
- Add a splash of **water** to loosen the curry if required.



Simmer the Curry

- Place a large pot over medium-high heat with 1 tbs **butter** (double for 4p).
- When hot, add **half** the chopped **onion** and fry for 4-5 mins.
- Add the **North Indian style spice** mix and fry for 1 min.
- Pour in the **chopped tomato** and **beans** (both mashed and whole).
- Cover and simmer for 10-12 mins. Add the **garam masala** when the curry has 2 mins left to simmer.



Divide and Serve

- Divide the curry between bowls with spoonfuls of fluffy **rice**.
- Squeeze over remaining **lemon** juice to taste.
- Top with remaining **coriander** and **creme fraiche**.
- Serve with **cucumber** salad alongside.

Enjoy!