



# Spiced Kidney Bean Curry with creme fraiche and coriander

Veggie 20-25 mins

9



Red Kidney Beans



Rice



Chopped Tomato  
with Onion & Garlic



North Indian  
Style Spice Mix



Creme Fraiche



Onion



Garam Masala



Lemon



Coriander



Cucumber

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

## Before you start

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

## Cooking tools you will need

Lid, Pot, Sieve

## Ingredients

	2P	4P
Red Kidney Beans	1 pack	2 packs
Rice	150 g	300 g
Chopped Tomato with Onion & Garlic	1 pack	2 packs
North Indian Style Spice Mix	1 sachet	2 sachets
Crème Fraîche	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

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	689.5 g	100 g
Energy (kJ/kcal)	3281.6 kJ/ 784.3 kcal	475.9 kJ/ 113.8 kcal
Fat (g)	29.2 g	4.2 g
Sat. Fat (g)	16.5 g	2.4 g
Carbohydrate (g)	108 g	15.7 g
Sugars (g)	17.4 g	2.5 g
Protein (g)	24.5 g	3.6 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?  
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### Cook the Rice

- Boil a large pot of **salted water** for the **rice**.
- Add the **rice** and cook for 10-12 mins.
- Drain in a sieve and pop back in the pot.
- Cover with a lid and leave to the side until ready to serve.

**TIP:** *If you're in a hurry you can boil the water in your kettle.*



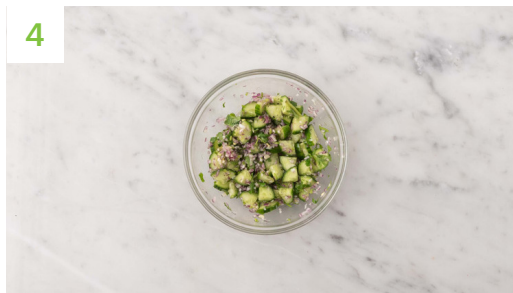
### Get Prepped

- 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.



### 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.



### 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.



### Finishing Touches

- Stir half the **crème fraîche** 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.



### 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 **crème fraîche**.
- Serve with **cucumber** salad alongside.

**Enjoy!**