



White Bean Curry

with cucumber raita and naan

Family Veggie 20-25 mins

9



Cannellini Beans



Naan



Onion



Cucumber



Yoghurt



North Indian Style Spice Mix



Creme Fraiche



Chopped Tomato with Onion & Garlic

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	2 packs	4 packs
Naan	2 units	4 units
Onion	1 unit	2 units
Cucumber	1 unit	2 units
Yoghurt	75 g	150 g
North Indian Style Spice Mix	2 sachets	4 sachets
Crema Fraiche	65 g	125 g
Chopped Tomato with Onion & Garlic	1 pack	2 packs

Nutrition

	Per serving	Per 100g
for uncooked ingredients	984 g	100 g
Energy (kJ/kcal)	3753 kJ/ 897 kcal	381.4 kJ/ 91.2 kcal
Fat (g)	16.2 g	1.6 g
Sat. Fat (g)	7.5 g	0.8 g
Carbohydrate (g)	130.2 g	13.2 g
Sugars (g)	25.8 g	2.6 g
Protein (g)	43.1 g	4.4 g
Salt (g)	8.4 g	0.9 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.

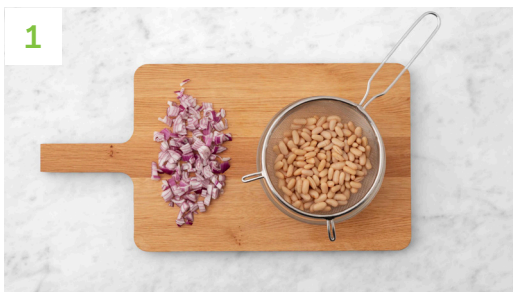
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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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 fry until fragrant, 30 secs.



Simmer the Curry

- Pour the **chopped tomatoes, beans, 75ml water, ¼ tsp salt** and ½ tsp **sugar** (double all for 4p) into the pot.
- Cover and simmer, stirring occasionally, 8-10 mins.
- Remove the pot from the heat and stir through the **creme fraiche**.
- Add another splash of **water** to loosen the curry if required.
- Taste and season with **salt** and **pepper**.



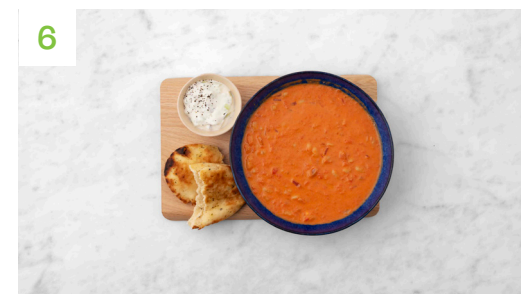
Make the Raita

- While the curry simmers, trim the **cucumber** then quarter lengthways. Chop widthways into small pieces.
- In a bowl, mix the **cucumber**, remaining chopped **onion** and **yoghurt**.
- 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 curry between bowls.
- Serve the warm **naans** and **cucumber raita** alongside.

Enjoy!