



# Spiced Kidney Bean Curry

with refreshing cucumber and coriander salsa

Veggie Quick Cook 20-25 mins

8



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, Oil



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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
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
Creme Fraiche	110 g	220 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	682 g	100 g
Energy (kJ/kcal)	2966.5 kJ/ 709 kcal	435 kJ/ 104 kcal
Fat (g)	17.9 g	2.6 g
Sat. Fat (g)	9.1 g	1.3 g
Carbohydrate (g)	108 g	15.8 g
Sugars (g)	16 g	2.3 g
Protein (g)	24.2 g	3.5 g
Salt (g)	2.6 g	0.4 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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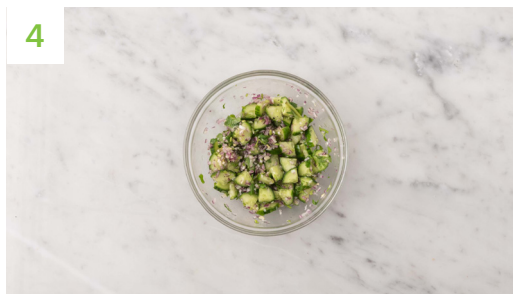


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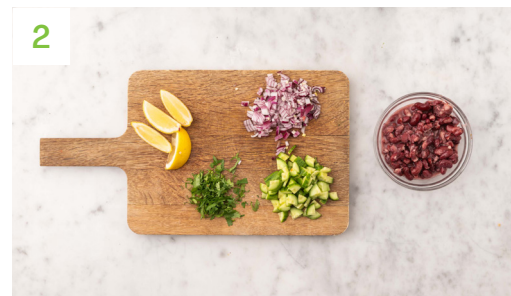
### Cook the Rice

- 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, cover with the lid and cook for 10 mins.
- Once cooked, remove the pot from the heat.
- Keep covered for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



### Make the Salsa

- 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

- Pour **half** the **creme fraiche** into the curry.
- Cook, stirring, until warmed through, 1-2 mins.
- Season to taste with **salt**, **pepper** and **sugar**.
- Add a splash of **water** to loosen the curry if you feel it's too thick.



### Simmer the Curry

- Place a large pot over medium-high heat with 1 tbsp **butter** (double for 4p) and a drizzle of **oil**.
- When hot, add **half** the chopped **onion** and fry until softened, 4-5 mins.
- Add the **North Indian spice mix** and fry until fragrant, 1 min.
- Pour in the **chopped tomatoes** 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.



### Garnish and Serve

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

Enjoy!