



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	659.5 g	100 g
Energy (kJ/kcal)	2928.8 kJ/ 700 kcal	444.1 kJ/ 106.1 kcal
Fat (g)	17.9 g	2.7 g
Sat. Fat (g)	9.1 g	1.4 g
Carbohydrate (g)	105.7 g	16 g
Sugars (g)	15 g	2.3 g
Protein (g)	24 g	3.6 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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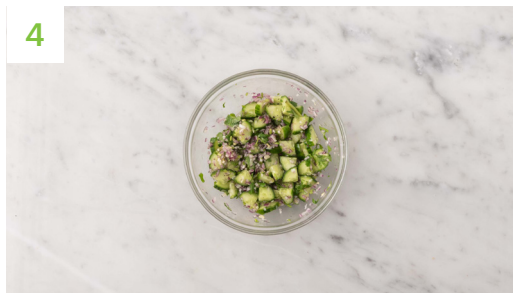


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Cook the Rice

- 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 and cook for 10 mins.
- Once cooked, remove 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, mix the chopped **cucumber**, remaining chopped **onion** and **half the coriander** in a bowl.
- 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). Quarter lengthways, then 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

- Add **half** the **creme fraiche** to 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. When the curry has 2 mins left to simmer, stir in the **garam masala**.



Garnish and Serve

- Serve up spoonfuls of fluffy **rice**, curry and the **cucumber** salsa all in the same bowl.
- Squeeze over **lemon** juice to taste.
- Top with remaining **coriander** and **creme fraiche**.

Enjoy!