



# Spiced Kidney Bean Curry

with refreshing cucumber and coriander salsa

Veggie Quick Cook 20 – 25 mins

8



Red Kidney Beans



Chopped Tomato with Onion & Garlic



North Indian Style Spice Mix



Creme Fraiche



Onion



Garam Masala



Lemon



Coriander



Cucumber



Quinoa



Stock

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
Chopped Tomato with Onion & Garlic	1 pack	2 packs
North Indian Style Spice Mix	1 sachet	2 sachets
Crème Fraîche	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	1 unit	2 units
Quinoa	170 g	335 g
Stock	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	689.5 g	100 g
Energy (kJ/kcal)	3242.6 kJ/ 775 kcal	470.3 kJ/ 112.4 kcal
Fat (g)	21.7 g	3.1 g
Sat. Fat (g)	9.5 g	1.4 g
Carbohydrate (g)	106.1 g	15.4 g
Sugars (g)	18.5 g	2.7 g
Protein (g)	45.5 g	6.6 g
Salt (g)	3.6 g	0.5 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.

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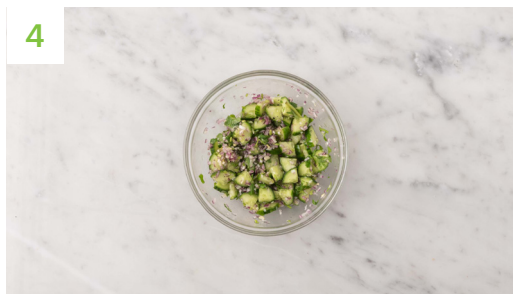


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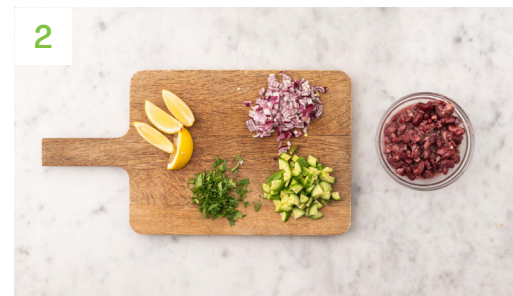
## Cook the Quinoa

- Boil a large pot of **water** for the **quinoa**.
- Stir in the **stock** and **quinoa** and bring back to the boil.
- Cook until the **quinoa** has doubled in size and the seed has visibly split, 12-15 mins.
- Drain in a sieve and return to the pot, off the heat. Season to taste with **salt** and **pepper**.
- Cover with a lid and set aside.



## Make the Salsa

- Meanwhile, mix the **cucumber**, remaining **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 the **cucumber**, 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.



## Finishing Touches

- Add **half** the **crème fraîche** 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 a knob of **butter** and a drizzle of **oil**.
- When hot, add **half** the **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**.
- 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 **quinoa** and top with the creamy curry.
- Top with the **cucumber** salsa.
- Squeeze over **lemon** juice to taste.
- Top with remaining **coriander** and **crème fraîche**.

Enjoy!