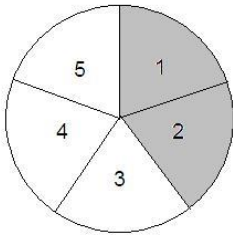


Rajma

(Red Kidney Bean Curry)

Serves 4

Portions of fruit & vegetables per serving: 2



Hob needed



Allergen information:

None present in this recipe.

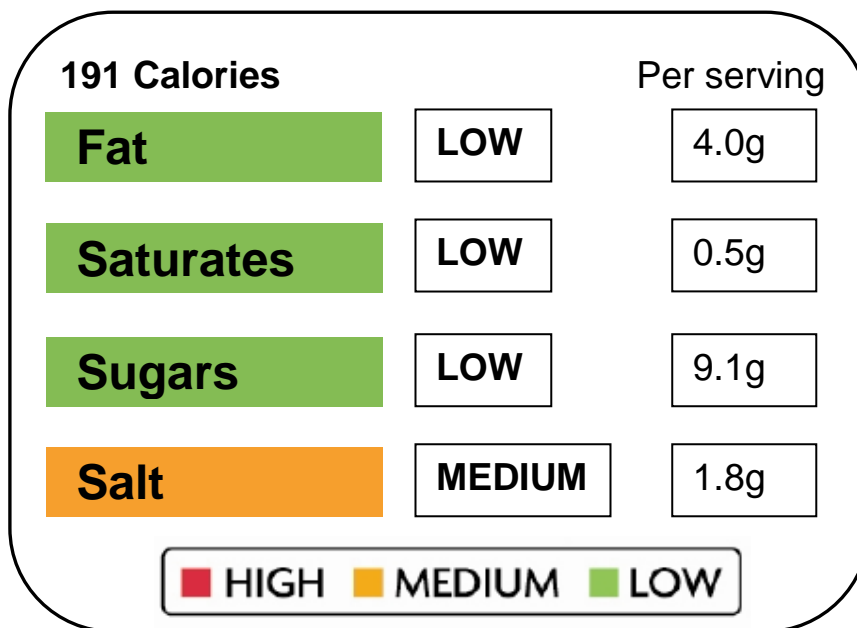
Ingredients	Amount	Preparation
vegetable oil	1 tablespoon	
onion	1 medium	finely chopped
garlic	2-3 cloves	finely chopped or crushed
root ginger	$\frac{1}{2}$ inch	finely chopped or crushed
garam masala powder	$\frac{1}{4}$ teaspoon	
chilli powder	$\frac{1}{4}$ teaspoon	
turmeric powder	$\frac{1}{4}$ teaspoon	
ground coriander	$\frac{1}{4}$ teaspoon	
ground cumin	$\frac{1}{4}$ teaspoon	
chopped tomatoes	1 can (400g/14oz)	
red kidney beans in water	2 x 400g cans	drain and rinse beans under water
fresh coriander	1 handful	roughly chopped

Please Turn Over



Method

- 1 Heat the oil in a saucepan.
- 2 Add the onion, garlic and ginger and fry over a medium heat until softened.
- 3 Add the garam masala, chilli powder, turmeric, ground coriander, cumin and chopped tomatoes and cook for 2-3 minutes.
- 4 Add the kidney beans and stir well (add a little more water if it seems too dry). Put the lid on and simmer for another 10 minutes over a medium heat until the sauce thickens.
- 5 Garnish with fresh coriander leaves and serve hot with plain naan, chapattis or plain boiled rice.



Handy Hints

- 3 tablespoons of red kidney beans equals 1 portion of your 5-a-day.
- Kidney beans are high in iron.
- This recipe is suitable for vegetarians and vegans.

