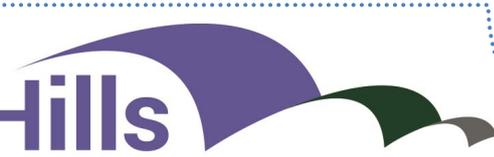


Taste the Hills



Recipes and Tips

Spiced kidney beans

Serves 4

A tasty, thirty minute supper dish using tinned beans. You could use other pulses eg chick peas or butter beans or a combination of tinned beans and frozen beans.

2 x 400g tin of kidney beans
800g Greek-style yogurt (I like the unsweetened colony variety)
4 tbsp oil
1 bunch spring onions
2tsp cumin seeds
2tsp ground coriander
2tsp ground ginger
1tsp chilli powder (or less)
1/2 tsp salt
200ml passata
10cm piece of fresh ginger
3 tsp Garam masala
A few sprigs of fresh coriander
1/2 lemon

Drain and rinse the beans.

Heat a large pan and add oil. Chop the onions and cook for a minute or two.

Throw in the cumin seeds and let them start to sizzle but don't let them burn.

Add most of the yogurt (keep a little back for serving) and stir for three minutes.

Stir in the ground coriander, ground ginger and chilli powder and salt.

Cook for another minute.

Stir in 200ml of water and the passata. Add the beans.

Simmer for ten minutes while you prepare the remaining ingredients.

Peel and finely chop the ginger. Chop some fresh coriander.

Add a little more water and add the ginger.

Let it simmer uncovered, stirring occasionally until the gravy is nicely thickened.

For the last minute of cooking, Stir in the garam masala and lemon juice.

Test for saltiness and add the remaining yogurt and coriander leaves before serving.

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