

Kidney Bean Curry

Ingredients

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- 1 tbsp oil
- 2 onion, finely chopped
- 2 garlic cloves, finely chopped
- Thumb sized piece of ginger, peeled and chopped
- 1 tsp cumin
- 1 tsp garam masala
- 2 x cans of chopped tomatoes
- 2 x cans of kidney beans (keep the water of one tin)
- Long grain rice to serve

Method

- 1.** Heat the oil on a pan and add the onion until it starts to soften. Add the garlic and ginger and stir for 2 minutes. Add the cumin, garam masala and stir again for a further minute.
- 2.** Add in your tomatoes and kidney beans (add in the water of one tin).
- 3.** Bring to the boil before reducing the temperature and simmering until the water reduces and curry begins to thicken.
- 4.** Serve with rice or wraps.

The Finer Details

Per Portion
292 Calories
13g Protein
75g Carbs
5g Fat
