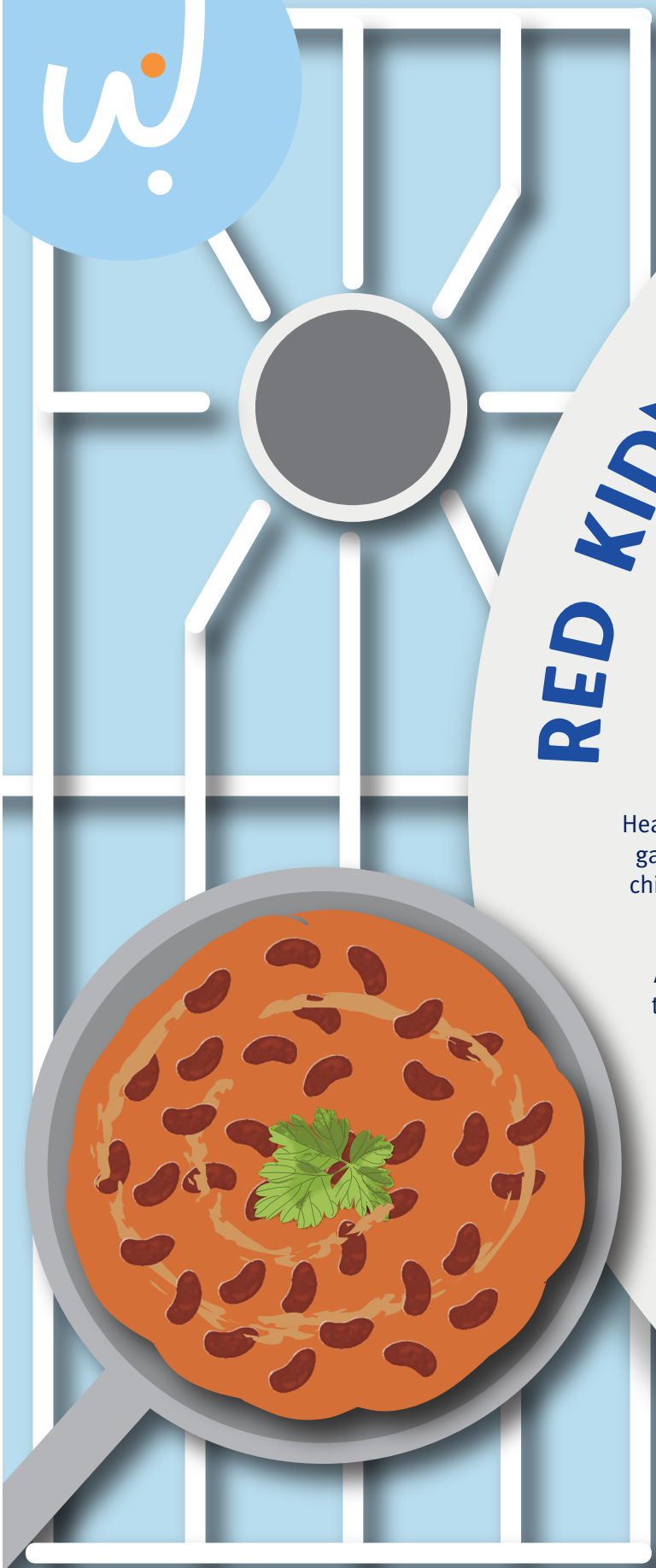
RED KIDNEY BEAN CURRY



Ingredients

400g tin of kidney beans
1 tsp turmeric
50ml veg oil
1 large onion, finely chopped
2 cloves of garlic, finely grated
small knob of ginger, finely grated
1 tin of chopped tomatoes
(reserve the tomato juice)
1 tsp salt
1 tsp chilli powder
1 tsp Garam masala
125ml Greek yoghurt

Method

Heat the oil in a large pan over a medium heat and fry the onions, garlic and ginger for 10 mins or until golden brown. Add the salt, chilli powder and garam masala and fry for 30 seconds, then add the tinned tomatoes. Cook on slow heat for 10 mins.

Add the drained, rinsed tinned beans to pan, (if it starts to dry, top up with tomato juice if using tinned tomatoes) and simmer for 10 mins, mashing a few beans with the back of spoon to thicken the curry. stir in the yoghurt and cook for 5 mins.

Taste and adjust seasoning as necessary, fresh coriander is a good garnish. Serve with basmati rice.

LEFTOVERS?

Left over red kidney bean curry tastes great in a baked potato with Greek yoghurt.