

baked beans curry

prep & cooking time: 20mins serves: 2 people with chappatties/naan

415g heinz baked beans

60ml olive oil

1T black mustard seeds, 4 cloves, 4 cardamom, 25mm cinnamon stick

300g diced onions

2T tomato puree

1T crushed or fine diced root ginger

2 small green chillies or to taste, fine diced

2T crushed garlic

½T salt

½T demerara sugar

½T turmeric

1T ground coriander

½T ground cumin

2T paprika

herbs: 1tbs each of fresh parsley, methi and coriander



heat the olive oil and add the mustard seeds, cloves, cardamom, cinnamon until the seeds start to pop

add the onions and fry to browning edges

remove from heat and stir in the tomato puree for a 60 secs to coat the onions and the oil colours

stir in the ginger and green chillies for a few seconds then add the garlic followed by the beans

fill the empty beans tin with water and reserve till needed

add the remaining ingredients apart herbs, bring to gentle simmer

after few mins of simmering add the reserved water plus an extra ½ tin and bring to boil

simmer for about 10 mins and add the herbs. Taste for adjustments, transfer to serving dish