

Spicy Bean Curry

Serves 4

You could use a can of chick peas or any white beans.

Ingredients:

- 2 cups yellow beans (soup beans)*
- 1 large onion, sliced fine.
- 1 tomato, diced
- ½ cup cashew nuts*
- 1-tablespoon vegetable oil
- ½ cup yoghurt or coconut milk
- 2-tablespoon Himalaya Gourmet Hot Bengal Curry.

Method: Soak beans in about 6 cups of water for two hours, than boil until soft. Set aside. In a pan, fry onions in vegetable oil. Add tomato, cooked beans, Himalaya Gourmet Hot Bengal Curry, cashew nuts, salt and simmer for 10 minutes. Stir in the coconut milk or yoghurt. Serve with warm bread.

*Substitute with a can of white kidney beans. Drain well, then add ½ cup of water.

*could be substitute with 1 cup of cooked pumpkin.