

Ragini's

Recipe



BUTTER BEAN AND VEGETABLE CURRY

INGREDIENTS

200g Dried Butter Beans soaked overnight and then boiled in water until soft (you can also use canned variety)

2 tablespoons Vegetable Oil

1 Medium Onion (peeled and chopped)

10 Curry Leaves (dried or fresh)

1½ teaspoons of Garlic and Ginger Paste

3 tablespoons of Ragini's Mauritian Curry Powder

2 fresh Tomatoes, (diced and skinned if preferred)

One Large Potato (peeled and chopped into eighths)

2 Courgettes (chopped into same size as Potatoes)

1 large Aubergine (cut into the same size as Potatoes and Courgettes) leave into a bowl of water so that it does not discolour)

7-9 Sprigs of Coriander Leaves, (remove from stalk if preferred and finely chopped)

Salt to taste

METHOD

Heat the Vegetable oil in a pan or Karahi (large pot – usually cast iron).

Add the chopped onion and cook on a medium to low heat until softened and is translucent

Add Curry Leaves, Garlic and Ginger paste and cook for about 30 seconds.

Mix Ragini's Mauritian Curry Powder in 200mls Cold water.

Add to cooking pot and stir well, leave to cook until oil and curry paste starts to separate.

Add all the vegetables and stir well, ensuring all the vegetables are coated with the curry paste.

Add Salt to taste and leave to cook for approximately 15 minutes.

Stir regularly. Don't let it stick to the pot, add more water if necessary.

When the Vegetables are almost cooked, add the boiled Butter Beans (or Canned Beans) to the pot with the chopped Tomatoes. Adjust the sauce consistency with more water if necessary.

Leave to cook until the Vegetables are cooked and remove from the heat and add Chopped Coriander.

Serve over a bed of Basmati Rice with Roti.

WE HOPE YOU ENJOY RAGINI'S BUTTER BEAN AND VEGETABLE CURRY

Teggie & Tim

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