



Red kidney bean and cauliflower curry

with green beans and brown rice



Make this dish within 5 days of receiving your meal kit



Cooking equipment: small pot, large pot



Pantry items needed: vegetable oil, salt



Hands-on: 20 minutes
Ready in: 35 minutes



Serves: 2 or 4

This red kidney bean curry is a nourishing, protein-rich and beautifully flavoured dish, thanks to our own house-made, deliciously aromatic spice powder which we grind down from whole spices. Our version is brightened with cauliflower, green beans and coriander and served with brown rice making it extra rich in fibre!

NO ADDED GLUTEN | CALORIE SMART | Great for leftovers, Spicy (mild)

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Brown rice	1 packet	1 packet
Water for rice*	1 cup + 2 tbsp	2¼ cup
Brown onion	150g	300g
Cauliflower	200g	400g
Green beans	100g	200g
Coriander	15g	30g
Red kidney beans	1 can	2 cans
Vegetable oil*	2 tbsp	4 tbsp
Rajma spice mix	1 packet	1 packet
Salt*	1 tsp	2 tsp
Diced tomatoes	1 can	2 cans
Water*	½ cup	1 cup

* Pantry items

Allergens and ingredients

May contain traces of allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Cook rice

Rinse **brown rice** through a sieve until the water runs clear. In a small pot, add **rice** and **water for rice*** and bring to a boil. Reduce to a simmer and cook, covered, until the **water** has absorbed and **rice** is tender, about **30 minutes**. When cooked, remove from the heat and keep covered until ready to serve.

2. Prepare ingredients

Dice **onion**. Slice **cauliflower** stem into thin 2cm long batons. Cut **cauliflower** head into small florets. Cut **beans** into 2cm pieces. Pick **coriander** leaves, reserve **leaves** for garnish and roughly chop **stems**. Drain and rinse **kidney beans**.

3. Cook curry

In a large pot over medium heat, add **vegetable oil*** and **onion** and sauté until golden brown, about **5 minutes**. Add **rajma spice mix** and **salt*** and stir until fragrant, about **1 minute**. Add **cauliflower**, **coriander** stems, **kidney beans**, **diced tomatoes** and **water*** and allow to simmer, covered, stirring regularly, until **cauliflower** is just cooked, about **12 minutes**. Add **green beans** and simmer, covered, for **3 minutes**.

4. Serve

Serve **rice** and **red kidney bean and cauliflower curry** into bowls and sprinkle with **coriander** leaves.

Eat your way
to healthy!



Kidney beans have slightly less fat than other varieties of beans, a heap of fibre and a variety of important nutrients such as iron, phosphorus, folate (B9) and vitamin B1.

The high dietary fibre found in kidney beans can regulate the amount of blood sugar and insulin in the body, helping to reduce blood glucose levels and body weight gain.

Nutritional information*

	Per 640g serve	Per 100g
Energy	1948kJ (466Cal)	304kJ (73Cal)
Protein	17.7g	2.8g
Fat, total	16.3g	2.6g
- Saturated	2.5g	0.4g
Carbohydrate	52.0g	8.0g
- Sugars	18.0g	3.0g
Sodium	1072mg	168mg

* Nutritional information is based on averages