

Pepper, Onion, Bean & Fresh Spinach Balti served with Pilau Rice and Indian Spiced Bombay Potato.

INGREDIENTS

150g easy cook long grain rice
2 tsp ground turmeric
1 tsp ground coriander
2 tsp ground cumin
1 tbsp olive oil
1 small onion diced
2 cloves of garlic crushed
1 cm piece of fresh ginger grated
1 green pepper diced
1 red pepper diced
1 tin chopped tomatoes
1 400g tin of mixed beans, rinsed and drained
1 small bag fresh spinach leaves
500g cooked new potatoes
3 tbsp natural yoghurt
Fresh coriander chopped
1 vegetable stock cube.

Method

1. Start cooking the rice in a saucepan of boiling water adding 1 tsp turmeric
2. Heat the wok with oil, garlic and ginger and stir fry the onions for one minute
3. Add the peppers to the work, stir in a little water and cover for ½ minute.
4. Add 1 tsp turmeric, ground coriander and 1 tsp cumin to release flavour. Add a splash of water if sticking and cover for 10 seconds.
5. Add chopped tomatoes, vegetable stock cube and stir well for 2 minutes.
6. Add mixed beans and stir well for 2 minutes.
7. Add fresh spinach leave and stir well until wilted.
8. Add fresh coriander.
9. Heat the potatoes in a large saucepan with oil and fry until golden brown adding the rest of the cumin.
10. Divide the cooked rice over 4 plates. Make a well in the rice and spoon in the Balti. Arrange the potatoes around the edge.

Serves 4 portions