

nourish

Lima Bean Curry

500g dried lima beans
Water for boiling beans (5cm above bean line)
2 tablespoons olive oil
2 sticks cinnamon
1 onion, finely diced
1 stick of curry leaf
3-4 bay leaves
1 teaspoon crushed garlic
1 teaspoon crushed ginger
1 tomato, diced
1 tsp turmeric powder
½ teaspoon cumin powder
½ teaspoon of garam masala
2 teaspoons red chilli powder*
2 potatoes, peeled and cut into 6 pieces (optional)
Coriander to garnish.

1. Boil lima beans in water until soft (about one hour). Top up water as needed.
2. In another pot, add olive oil, onion, cinnamon, chopped onion, curry leaf and bay leaves. Fry until onion is translucent.
3. Add ginger and garlic to onion mixture. Sauté until onion is brown.
4. Add turmeric, cardamom powder, garam masala and chilli powder and fry for 1 minute.
5. Add chopped tomato. Mix together. Simmer for one minute and add potatoes. Simmer until the potatoes just soften.
6. Add beans and their cooking water and stir.
7. Simmer until the mixture thickens and the potatoes are cooked. It will form a gravy-like texture.
8. Remove from heat and add coriander to garnish.

* Melanie uses a chilli powder that is mixed with other spices (purchased from Indian Spice Chops), making it milder than other red chilli powders

From Melanie Pillay