

Green Bean Curry

Makes: Servings 4

Ingredients

750g frozen green beans
1 onion
1 tomato
4 cloves of garlic
3 tbsp olive oil
1 tsp ground turmeric
2 ½ tsp curry powder
1 tsp salt



Instructions

Take the beans out of the freezer and leave them to thaw gently at room temperature while you prepare the other ingredients. Peel and finely chop the onion. Chop the tomato. Peel and crush the garlic.

Put the oil into a wide-bottomed pan over a high heat. When it's hot, reduce the heat to medium and add the onion and tomato. Put the lid on and cook for 5 minutes, stirring every now and then. Stir in the garlic and continue to cook for another 5 minutes with the lid on, stirring occasionally. Add the turmeric and curry powder and stir well. Cook for a further 2 minutes, stirring frequently.

Add the defrosted beans and salt and stir well so that they get an even coating of onion and tomato. Add a couple of tablespoons of water and leave to simmer, covered on a low heat for 20-35 minutes.

Nutrition information:

Each Serving:
Kcal 160
Fat 5g
Net Carbs 8g
Protein 5g