

1 hour

Serves 4

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Ingredients:

- 1/2 cup olive oil or canola oil
- 2 onions, chopped
- 2 stalks celery, finely chopped
- 1 stalk lemongrass, bruised
- 1/2 tsp (3ml) each grated fresh turmeric, ginger and garlic
- 2 red chillies, deseeded and chopped
- 1 Tbsp (15ml) ground turmeric
- 1 tsp (5ml) each mild curry powder, cumin and yellow mustard seeds
- 1 stick cinnamon
- 2 sprigs curry leaves
- 1 packet (500g) white kidney beans
- 3 cups (750ml) vegetable stock
- 1 can (400g) coconut milk
- Garlic naan bread and fresh coriander, for serving

Spiced sprinkle:

- 1 Tbsp (15ml) olive oil
- 10 cashews, finely chopped
- 1 tsp (5ml) curry powder
- 1/2 tsp (3ml) each mustard seeds and ground turmeric

Method

1. Heat oil in a pot and sauté onion and celery for about 8 minutes, until soft and golden.
2. Add lemongrass, fresh turmeric, ginger, garlic and chillies, and fry for a minute.
3. Stir in the remaining spices and curry leaves, and fry for a minute until fragrant.
4. Add in drained beans, vegetable stock and coconut milk.

5. Reduce heat and simmer for 25-30 minutes until beans are tender, adding a little more stock or water if beans aren't covered with liquid. (If using canned beans, reduce base sauce for 10 minutes, then add beans and cook for 5-8 minutes to infuse.)
6. Combine ingredients for the spiced sprinkle in a pan and toast until fragrant and browned. Set aside.
7. Serve bean broth garnished with spiced sprinkle and coriander, with naan bread on the side.

COOK'S NOTE

Cook a whole pack of beans at a time.
Cover with water before keeping in the fridge or longer in the deep-freeze to use when needed.

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