

Mixed Beans in Indian Tomato Sauce

From PLENTY by Yotam Ottolenghi



The Indian spices paired with tomato sauce gives this dish a wonderful umami flavor.

It can be served warm with a mix of basmati and wild rice or at room temperature as a side dish.

Serves 4

Ingredients:	Instructions:
<p>3 tbsp olive oil 1 medium onion finely chopped. 2 garlic cloves, chopped. 2 tsp tomato paste ½ tsp ground cumin ½ tsp ground turmeric ½ tsp ground coriander 1 tsp ground ginger 1 tsp ground cardamom Pinch of ground cloves Salt and black pepper One 14-oz can of chopped tomatoes (with their juices) 1 tsp sugar 1 ½ cups sugar snap peas, halved at an angle. 1 cup large string beans, sliced at an angle. 1 ¾ cups shelled fava beans (fresh or frozen) 2 tbsp chopped lovage or cilantro</p>	<p>Heat up the oil in a large pan and add the onion. Saute on medium heat for 3 minutes, stirring frequently; add the garlic and cook for 1 minute. Now add the tomato paste, spices and some salt and pepper and keep on cooking and stirring for another minute.</p> <p>Next, add the tomatoes, sugar and all the peas and beans. Stir to mix. Bring to the boil, then cover and simmer gently for 15 to 20 minutes, or until the sugar snaps are cooked through but are still crunchy. Taste and add salt and pepper as you like. Stir in the lovage or cilantro just before serving warm or cooled.</p>



iCafe
Recipes
page