

Gluten Free Thursday: Ssspicy Colourful Beans And Coconut Curry

Ingredients:

Difficulty: Easy
(serves 3-4)

2 medium onions, roughly chopped
1 tsp ground turmeric
1 tsp ground ginger
4 garlic cloves, mashed
2 tbsp + 2 tbsp olive oil, divided
2 tsp brown mustard seeds
2 large potatoes, diced (don't cut very small cubes, make them a little big)
750 gr. bean mixture: green beans, purple string beans, yellow wax beans*
1 can (400 ml) coconut milk
1 tbsp curry powder
1 tsp ras el hanout spice mix**
1 tsp salt
juice from 1 lime
1 tsp red peppe flakes

*Read the story in the blog post for details about beans.

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Instructions:

1. Put the first 4 ingredients in the ingredients list above, plus one of the 2 tbsp olive oil in a food processor and process until you have a bit chunky paste.
2. In a large pot, put the other 2 tbsp olive oil and 2 tsp brown mustard seeds on medium high heat. Stir until mustard seeds start to crackle.
3. Add onion paste and stir a little to mix with olive oil and mustard seeds.
4. Add potatoes and stir until they are mixed well with the other ingredients in the pan.
5. Add beans and stir.
6. Add coconut milk, stir and cover the pot. Let it boil.
7. When the curry is boiling, add the remaining ingredients, stir and cover it again, then decrease the heat to medium. Cook the curry, stirring frequently to prevent sticking to the base of the pot, until the beans are cooked well. Enjoy just by itself or with rice as a side dish.