

Green Gram Curry

4 generous servings. Recipe provided by Tania Baker



Ingredients:

- 200g mung beans rinsed & soaked for 4-6 hours
- 1 tbsp rapeseed oil
- 2 medium onions, diced
- 1 tsp garlic granules
- 1/2 tsp chilli flakes
- 2 tsp garam masala
- 2 tsp vegetable bouillon
- 2 tsp nutritional yeast
- 1 tsp ground ginger
- 1 x 400g chopped tomatoes
- Salt to taste
- 50g creamed coconut or half a tin of coconut milk (optional)

Use 4 cloves of garlic, crushed, instead of garlic granules, & a thumb-sized piece of fresh ginger, finely grated, if preferred.

-
- Put the soaked, rinsed beans in a pan with roughly double the quantity of fresh cold water. Bring to the boil & simmer for 15 minutes until tender.
 - Whilst beans are cooking, heat the oil over a medium heat & add the onions. Add a good pinch of salt & cook for 4-5 minutes until they colour— stir to avoid burning. If you are using fresh garlic add at this point & cook for a further minute.
 - Add garlic granules if not using fresh, chilli flakes, garam masala, ground ginger, bouillon & nutritional yeast. Cook for a further minute – the spices will release their aroma. Enjoy!
 - Add the tin of tomatoes & add water to the empty tin (about half a tin) & add to the pan. If there are any larger pieces of tomato break up gently with the back of a spoon. Add the fresh ginger if using & bring to a simmer.
 - By this point the mung beans should be nearly cooked. Drain the mung beans & add to the sauce. If the curry looks a little dry add some water – remember if you are using coconut milk at that end that will add liquid.
 - Simmer for 10-15 mins – taste & adjust seasoning adding more salt if required.
 - If you are using the coconut add at this point. Creamed coconut will take a few minutes to be absorbed into the sauce. Bring back to a simmer & the curry is ready. Serve with basmati rice, naan bread and mango chutney.