

CHILLIE





INGREDIENTS

- 2 cups sugar beans (Borlotti Beans or Kidney Beans are also fine)
- 1 cup butter beans
- 500g mince (either beef or pork)
- 1 canned crushed tomatoes
- 1 cup passata sauce
- 1 finely chopped white onion
- ½ cup finely chopped spanish onion
- ½ cup finely chopped spring onion
- 1 spoon crushed garlic
- 1 teaspoon ginger
- 1 teaspoon of powdered mustard
- 1 teaspoon brown sugar
- 1 teaspoon curry powder
- 1 spoon dry Italian herbs
- 2 spoons of ghee
- 1 spoon of butter
- Seasoning
- 200g Basmati rice

INSTRUCTIONS

on a medium heat stove, heat up your pan and add the minced meat. You don't want to fully cook the meat as it can dry up, so just brown it and pull it out.

Add a little more ghee and butter and then add all the different types of onions. Fry until they are translucent.

Add curry powder, herbs and seasoning then cook for about 3 minutes. Add ginger, garlic and mustard powder. Mix in well and cook for a further 3 minutes.

Add browned minced meat & stir in well. Add tomatoes and passata and let simmer for about 3 minutes.

Finally add the beans, mix in well on low heat and allow it to simmer for about 4 minutes.

Serve while warm with basmati rice & chillie flakes.

Notes:

When I'm feeling myself, I cook all my beans from scratch which creates an added layer to the dish but is an extra job.

And then there those days when I can't be bothered so I buy canned beans and the meal tastes just as good.

You get to decide how you want your beans, canned or fresh.

If you choose to use canned beans, just rinse out the sauce they come in by simply running them in cold water.