

Curry in a hurry

Ingredients

2 cans baked beans
2 tablespoons oil
1 teaspoon cumin seeds
1/2 teaspoon turmeric
1/4 teaspoon hot chilli powder
1 teaspoon salt
1/2 teaspoon garam masala

Method

1. In deep frying pan, heat the oil & fry cumin to golden colour
2. Add the turmeric, chilli powder, salt & garam masala - stirring continuously
3. Add the beans & mix through
4. Cover with lid & simmer on low heat for 5 minutes; stirring occasionally
5. Serve hot garnished with fresh chopped coriander

Allergen - none