

Mr Whipp's beany coconutty Curry



Ingredients

½ a cup of rice per person

1 tin of tomatoes

1 tablespoon of curry paste

1 tin of black eyed beans

2 cloves of garlic

1 onion sliced

1 pepper sliced

1 chili sliced – leave the seeds in if you want it hot

2 tablespoons of desiccated coconut

Tablespoon of vegetable oil

Black pepper

this will probably be enough for 2 people

For the rice:

1. Fill the kettle and boil some water.
2. Put the rice in a pan.
3. Pour over the boiling water.
4. Bring the water back to the boil.
5. Leave to simmer for between 10-15 minutes.
6. After 10 minutes check the rice – when it is cooked but not soggy drain the rice into a sieve over the sink. Let the rice rest for about 5 minutes.

For the curry:

1. Put the table spoon of oil in a pan and heat for about 1 minute, and then put in the onions.
2. Heat the onions on a medium heat for a few minutes until they start to go soft.
3. Add the garlic and peppers. Be careful not to let the garlic burn.
4. The tablespoon of curry paste and stir until you start to get a nice curry smell.

5. Add in the chopped tinned tomatoes, tin of black eyed beans and simmer for about 10 minutes.
6. Add a couple of twists of black pepper as you go
7. Add the desiccated coconut and a drop of lemon juice and stir well.
8. Simmer for another 3 minutes
9. Put the curry sauce on the rice and eat it!

If you have any fresh coriander put in few leaves just as you are about to serve the curry. You can also add lots of other vegetables like courgette, mushrooms, fresh spinach.