

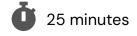


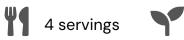


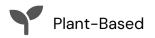
## Creamy Butter Bean Korma

## with Pappadums

A mild and creamy curry flavoured with turmeric, ginger and coriander from Turban Chopsticks' much-loved Korma paste! This curry features sweet sultanas, tomatoes and spinach, served with crispy pappadums.







# Garnish it!

You can finish this dish with fresh mint or coriander. Serve with coconut yoghurt and wedge of lemon if you have some!

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

22g 30

30g

119g

#### **FROM YOUR BOX**

BROWN ONION	1
BUTTERNUT PUMPKIN	1
CHERRY TOMATOES	2x 200g
TINNED BUTTER BEANS	2x 400g
KORMA CURRY PASTE	1 jar
COCONUT MILK	400ml
SULTANAS	1 packet
PAPPADUMS	1 packet
BABY SPINACH	120g

#### FROM YOUR PANTRY

oil for cooking, salt, pepper

#### **KEY UTENSILS**

large frypan with lid, small saucepan

#### **NOTES**

You can cook the pappadums in the microwave according to packet instructions to use less oil.



### 1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Slice onion and dice pumpkin (1-2cm). Halve tomatoes. Add to pan as you go. Cook for 2-4 minutes until starting to soften.



#### 2. SIMMER THE CURRY

Stir in drained butter beans, curry paste, coconut milk and **1 cup water**. Add sultanas. Cover and simmer for 15 minutes or until pumpkin is cooked through.



#### 3. COOK THE PAPPADUMS

Meanwhile, cover the base of a small saucepan with **oil**, roughly 1cm deep (see notes). Heat over medium-high heat. When small bubbles start to rise in oil, use tongs to submerge a papadum until it puffs. Remove to a lined plate and repeat with remaining.



#### 4. FINISH THE CURRY

Stir spinach through the curry until wilted. Season to taste with **salt and pepper**.



#### 5. FINISH AND SERVE

Serve butter bean korma with pappadums at the table.







