Aromatic Red Pepper, Bean & Egg Curry

Preparation time:	45 mins
Serves:	4 people
User Rating:	★★★★☆

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Categories: Dinner Recipes, Vegetarian

If you're looking for a versatile family dish that's gluten, dairy and sugar free while being vegetarian - you've found a winner with this aromatic red pepper, bean and egg curry recipe. While it packs a punch from all the fragrant spices that make the curry, feel free to adjust the amounts to suit the tastes of all family members.

Ingredients

- 8 eggs
- 2 tbsp coconut oil
- 1 tsp black mustard seeds
- 1 tsp ground turmeric
- 3 tsp ground coriander
- 1 tsp garam masala
- ½ tsp ground chilli
- 1 white (170g) onion, peeled and finely diced
- 3 cloves garlic, peeled and finely chopped
- 3cm (14g) piece ginger, peeled and finely chopped
- 1 cup chopped (250g) tomatoes, you can use tinned tomatoes if easier
- 250ml coconut milk
- 200g green beans, trimmed
- 1 small (100g) red capsicum, seeded and sliced into strips

To serve:

- fresh coriander leaves
- brown rice or quinoa
- toasted cashews

Method

1. Bring a saucepan of water to the boil, add eggs and cook 6-8 minutes for a medium to hard boil. Remove from water and set aside.
2. Heat a large frypan on medium heat, add coconut oil, mustard seeds, turmeric, coriander, garam masala and ground chilli and cook 1-2 minutes, or until spices are fragrant.
3. Add onion, garlic, ginger and cook 4-5 minutes or until translucent.
4. Add ½ cup (125ml) water, tomatoes and coconut milk, cover and simmer for 10 minutes.
5. Add beans and capsicum for another 8-10 minutes. Whilst cooking, peel the eggs and slice in half.
6. Once curry is cooked, toss eggs through the curry, garnish with coriander and toasted cashews and serve.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
551g	2290kJ 547kcal	24.3g	42.2g	27.1g	15g	11.7g	241mg	7.7g

All nutrition values are per serve.