

Fragrant bean and sweet potato curry with curry leaves

Preparation time: 20 minutes (plus overnight soaking)

Cooking time: 1 hour

Serves 4

Vegan

Gluten-free (see tips)

Low GI

250 g (9 oz/1½ cups) dried butter beans, soaked in cold water overnight and drained (see tips)

1 tablespoon vegetable oil

12 fresh curry leaves

2 teaspoons brown mustard seeds

2 onions, coarsely chopped

3 garlic cloves, crushed

3cm (1¼ in) piece ginger, peeled and finely grated

1 teaspoon ground cumin

2 long green chillies, seeded and finely chopped

4 vine-ripened tomatoes, coarsely chopped

250 ml (9 fl oz/1 cup) salt-reduced vegetable stock

300 g (10½ oz) sweet potato, peeled and cut into 2cm (¾ in) chunks

75 g (2¾ oz/1½ cups) baby English spinach leaves

1 Place the beans in a large saucepan and cover with cold water. Bring to the boil, then reduce heat to medium and simmer for 45 minutes–1 hour or until just tender. Drain and set aside.

2 Heat the oil in a large saucepan over a medium heat. Add the curry leaves and mustard seeds and cook, stirring, for 1 minute. Add the onion and cook, stirring, for 3–4 minutes or until softened. Add the garlic, ginger, cumin and chillies and cook, stirring, for 1 minute or until fragrant.

3 Add the tomatoes and cook for 2–3 minutes or until thick. Add the beans, stock and 125 ml (4 fl oz/½ cup) water. Bring to the boil, then reduce heat to low, cover and simmer for 10 minutes.

4 Add the sweet potato, cover and cook for a further 10 minutes or until sweet potato is tender. Stir in spinach leaves and serve.

Tips: For a gluten-free version, use gluten-free vegetable stock. You can replace the dried butter beans with 2 x 400 g (14 oz) tins butter beans, drained and rinsed. Omit step 1 and add the beans in step 3.

The curry is suitable to freeze without the spinach. Place in airtight containers, cool completely, cover and freeze.