



I Love Cooking

easy & delicious recipes

Eggs & Curry Beans

Budget beater!

Introduction:

Nulaid eggs are farm fresh and grain-fed and you have a choice of free-range or canola eggs – their yolks being bright orange from those heart-healthy Omega-3 fatty acids. Eggs are the most economical source of protein and other valuable nutrients and combined with spicy beans, they provide a delicious, healthy and economical meatless meal.

If you serve this dish with some Basmati or brown rice, you will not only have a complete meal that is economical, but you will boost the overall protein content. It's because beans and grains, if eaten together, offer virtually all the amino acids required for the formation of a protein food.

Ingredients

6 – 8 jumbo Nulaid eggs
60 ml canola oil
15 – 30 ml mild curry powder
6 curry leaves (optional)
1 medium onion, coarsely chopped
65 ml flour
400 ml prepared chicken or vegetable stock
15 ml cider vinegar
30 ml tomato paste
45 – 65 ml brown sugar
generous pinch of dried red chilli flakes
salt and freshly ground black pepper
250 g sliced green beans
1 x 425 g can butter beans in brine, drained
lemon zest and whole coriander leaves

Method

Boil the Nulaid canola-fed eggs to your liking. Plunge them in cold water and when cool enough to handle, remove the shells. Cut in halves, season to taste, cover and set aside.

Heat the oil in a saucepan and add the curry powder. Fry briefly until aromatic. Add the curry leaves (if using) and onion and sauté until onions are translucent. Sprinkle in the flour and stir until smooth. Add the stock, vinegar, tomato paste, brown sugar and chilli flakes. Season to taste and reduce heat. Allow to simmer for 10 minutes or until the sauce is thick and the onions are soft.

Add the green beans and cook a further 3 minutes or until the beans are cooked *al dente*. Add

the butter beans and stir until heated through.

Pour the sauce in a serving dish, top with the eggs, garnish and serve with Basmati or brown rice and tomato-and-cucumber sambal.

Serves 6

Chef's hint:

Naturally, you can add more spice if you like or less, if you don't.