

# Thai Green Butter Bean Curry

 2 servings

567 Kcal / serving

14g Protein 27g Fat 70g Carbs

## Ingredients

- 80g - **Wholegrain rice**
- 1 (150g) - **Onion**
- 5cm - **Piece fresh root ginger**
- 2 - **Garlic cloves**
- 1 (150g) - **Red pepper**
- 1 (150g) - **Small courgette**
- 1 tablespoon (15g) - **Rapeseed or olive oil**
- 35g - **Thai green curry paste**
- 400g - **Tin butter beans, drained and rinsed**
- 400g - **Tin light coconut milk**
- 1 tablespoon (10g) - **Toasted cashew nuts**
- **Freshly ground black pepper**
- **Handful fresh coriander leaves, to garnish (optional)**



## The Method

Put the rice in a pan with 250ml of water. Bring to the boil, then reduce the heat and cover with a lid. Simmer gently for 25 minutes for perfectly cooked rice.

Meanwhile, peel the onion, then cut in half and cut into thin slices. Peel and finely grate the ginger and garlic. Remove the core from the red pepper and cut into small pieces. Top and tail the courgette and cut into quarters lengthways, then chop.

Heat a non-stick pan over a medium to high heat. Add the oil and sauté the onion for 2-3 minutes until softened and beginning to brown around the edges. Stir in the garlic, ginger and curry paste and cook for another 1-2 minutes, stirring. Season with pepper.

Tip in the red pepper, courgette and butter beans and pour in the coconut milk, stirring to combine. Reduce the heat and simmer for 6-8 minutes until the vegetables are tender and the sauce has nicely thickened.

Ladle the rice into bowls and add the Thai green butter bean curry. Crumble over the cashew nuts and scatter on top with the coriander leaves, if liked to serve.

 Suitable for vegetarians

 Suitable for batch cooking