

CURRIED GREEN BEAN SALAD

SERVES 6 - 8

COOK TIME: 25 MIN

INGREDIENTS

350 grams green beans sliced in one-inch pieces
1 large onion peeled and thinly sliced
½ cup / 75 grams sultanas
½ cup / 120 ml white vinegar
½ cup / 120 ml water
2 tablespoons / 25 grams dark brown sugar
2 tablespoons curry powder (mild medium or hot)
1 teaspoon turmeric
2 tablespoons sunflower oil
1 tablespoon cornflour
½ teaspoon salt

METHOD

Place the beans in a saucepan of lightly salted cold water and bring to the boil. Simmer for 5 minutes then drain and set aside.

Add 2 tablespoons of oil to the same saucepan and fry the onions on a gentle heat until they start to turn translucent.

Stir in the curry powder, turmeric and half of the cornflour and fry for one minute longer.

Add the water, vinegar, brown sugar, sultanas and beans and stir well. Bring to the boil, then turn down the heat to a simmer, cover the pan with a lid and simmer for 15 minutes.

If the sauce hasn't thickened sufficiently, mix the remaining cornflour with a tablespoon of water and drizzle it into the beans on a low heat. Stir until thick. You may not need all the additional cornflour.

Taste for seasoning and add salt if necessary.



