

Rajma: Spiced Bean Curry

with Basmati Rice and Kachumbar Salad

hellóchef

Easily mistaken for a chilli con carne, this vegetarian dish is a staple across India!

Cals 845 • Prot 35 • Carbs 155 • Fat 16

Vegan

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 30 min

R3414



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Rajma	2 ppl	3 ppl	4 ppl	
White onion	1	1	2	Piece
Vegetable oil	2	3	4	Tbsp
Red kidney beans	240	240	480	Grams
Ginger garlic paste	10	15	20	Grams
Cumin powder	2	2	4	Grams
Garam masala	4	5	10	Grams
Chilli powder	2	2	4	Grams
Tomato paste	30	30	50	Grams
Chopped tomatoes	400	400	800	Grams
Dried bay leaves	1	1	2	Piece
Cinnamon stick	1	1	2	Piece
Vegetable stock cube 15*	1	1	2	Piece
Water	200	300	400	ML
Salted vegan butter	10	20	20	Grams
Sides				
Basmati rice	150	225	300	Grams
Salt	0.5	0.5	1	Tsp
Water	300	450	600	ML
Fresh coriander	15	15	15	Grams
Cucumber	1	2	2	Piece
Cherry tomatoes	150	250	300	Grams
Shallots	1	1	2	Piece
Lime	2	3	4	Piece
Olive oil	1	1	2	Tbsp
Cashew nuts 1*, 2*	30	40	60	Grams
Chapati 10*, 11*	2	3	4	Piece

Allergens

*15 Celery, *1 Peanuts, *2 Tree Nuts, *10 Wheat, *11 Gluten

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3537 / 845
Fat (g)	16.4
of which saturates (g)	4.9
Carbohydrate (g)	155
of which sugars (g)	23.7
Fiber (g)	24.2
Protein (g)	35.2
Salt (g)	2.2

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Fry onions

Peel and finely chop the **onion**. Heat a pan over a medium heat with a generous drizzle of **oil**. Once hot, add the **onion** with a pinch of **salt**. Cook for 10 min until caramelised.



2 Boil rice

Meanwhile, rinse the **basmati rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.

Tip! Cooking the rice and letting it sit with a lid on helps it to steam dry and become fluffy!



3 Fry

Meanwhile, drain and rinse the **kidney beans**. To the **onions**, add the **ginger garlic paste, cumin powder, garam masala** and a pinch of **chilli powder (spicy!)** and cook for 1 min further. Add the **tomato paste, chopped tomatoes, bay leaf** and **cinnamon stick**. Cook for 2 min further.

Tip! Adjust the chilli powder to your spice preference.



4 Simmer

Add the **kidney beans, stock cube** and **measured water**. Simmer over a medium heat for 15 min.



5 Prep salad

Meanwhile, finely chop the **coriander**. Roughly chop the **cucumber** and **tomatoes**. Finely slice the **shallots**. Juice the **lime** into a bowl. Add the **oil** and a pinch of **salt** and mix. Add the **shallots, tomatoes, cucumber, coriander** and **cashew nuts**. Toss



6 Serve

Warm the **chapatis** in a microwave or hot oven. Stir the **butter** through the **rajma** and serve over the **basmati rice** with the **salad** and **chapatis** alongside.