

Green Bean & Sweetcorn Korma



Ingredients

- 6 tbsp yoghurt
 - 1 tsp garam masala
 - 1+1/2 tsp ground coriander
 - 1/2 tsp chilli powder
 - 1 tsp salt

 - 1 tsp ginger pulp
 - 1 tsp garlic pulp
 - 1 tbsp lemon juice
 - 1 tbsp tomato purée

 - 3 green cardamon pods, bruised
 - 6 black peppercorns
 - 2.5 cm cinnamon stick

 - 1 large onion, sliced

 - 1 tbsp fresh coriander, roughly chopped

 - 400g can tomatoes
 - 200g canned or frozen sweetcorn
 - 100g green beans, trimmed & cut into 2cm lengths

 - 1 tbsp single cream

 - 1 tbsp butter
 - 5 tbsp corn oil
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Method

1. Heat the corn oil and butter in a heavy-bottomed pan.
 2. Add the whole spices and fry for two minutes over a medium-high heat.
 3. Reduce the heat to medium, add the onions and fry until golden brown.
 4. Sprinkle on the dry spices and stir to make a paste, then add the yoghurt and mix well.
 5. Stir in the ginger, garlic, lemon juice and tomato purée.
 6. Cook the assembled mixture for two minutes.
 7. Add the can of tomatoes and the green beans and bring to a gentle simmer.
 8. When the beans are starting to soften, add the corn and half the fresh coriander
 9. Continue to simmer until the beans are cooked.
 10. Stir in the cream and serve garnished with the remainder of the fresh coriander.
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