



5 Minute Bean Curry



4 Servings



Prep: 5 mins
Cook: 10 mins

INGREDIENTS

- 2 tbsp Belicious Masala
- 1 onion, chopped
- 4 cloves garlic, chopped
- 3 tbsp oil
- 1 can diced tomatoes
- 2 cans your favourite beans, drained
- Rice or naan bread to serve

LET'S GET COOKING!

1. Sauté the onion and garlic in oil until soft.
2. Add belicious masala, stirring.
3. Add tomatoes and water as needed.
4. Let it cook on medium heat for 1 minute.
5. Add beans/chickpeas.
6. Let it cook on high for 5 minutes.
7. Serve with naan or rice.

DECORATION/ACCOMPANIMENT

Rice or naan bread

Scan to order
Belicious ingredients

