



Bean Curry

4 Portions

Ingredients

- 120g mixed beans
- 1 Pepper (Any colour)
- ½ tsp Garlic puree
- 1 Tin chopped tomatoes (200g)
- Spice of choice (½ teaspoon), eg. Cajun, Cumin or smoked paprika
- 1 tsp Natural, unsweetened yoghurt per serving (optional)

Method

1. To prepare the pepper for cooking – Cut the pepper in half lengthways and pull off the stalk. Remove the white pith and seeds using your knife and cut into finger size strips.
2. Steam cook the pepper for around 10 mins until the pepper can be squidged between thumb and finger. Cool for a few minutes and remove the skin, as this will be tough for baby. Reserve some of the pepper strips to offer as finger food and dice finely the remaining pepper for the curry.
3. Drain the beans and rinse under cold water.
4. Place the tinned tomatoes, garlic puree, mixed beans, green pepper and spices in the pan and cook for 15-20 mins until the curry has thickened and all the vegetables are cooked.
5. To serve add the natural yoghurt and mix through (optional)
6. For younger babies you can mash the bean curry to achieve the required texture.
7. To accompany the curry you could serve with cooked rice or you can cut naan, pitta bread or toast into finger food options. As well as serving with the pepper slices.