



Curried beans

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Ingredients

- 500 g Green beans
- 1 Onion
- ½ Red sweet pepper
- ½ Yellow sweet pepper
- 150 ml Apple cider vinegar
- 500 ml Water
- 4 tsp Yellow curry
- 1 tsp Garum marsala
- 2 Bay leafs
- ½ tsp black pepper corns
- 4 tsp Corn flour
- Pinch of Salt

Method

- Cut green beans and cook just until soft.
- Slice the onion and set aside.
- Cut the pepper in chunks about as big as the beans.
- Mix all the remaining ingredient together and warm stirring occasionally.
- Bring to the boil and add the onion and peppers.
- After 5 minutes of boiling add the green beans.
- Cook 2 minutes and remove from heat.
- Allow to cool before serving.

Serve with main dish as a side vegetable

May be refrigerate but use within 5 days