

RED KIDNEY BEAN AND PEANUT CASSEROLE

INGREDIENTS

1 tbsp vegetable oil
1 chopped onion
3 garlic cloves
125g rainbow chard
1 tsp chilli flakes
1 tsp cumin
1 tsp ground ginger
1 x 400g tinned tomatoes
4 tbsp peanut butter
1 x 400g tinned red kidney beans
1 tbsp soy sauce
handful of fresh coriander

SERVES 4

METHOD

1. Heat the oil in a large saucepan over a high heat then add the onions and cook for 5 minutes before adding the garlic and spices and cook for another minute. Then add the washed and roughly chopped chard leaves and stir until the leaves have wilted.

2. Pour in the tomatoes and peanut butter and reduce the heat to medium. Add the drained beans and soy sauce and leave to cook for 8-10 minutes.

3. Season with salt and pepper if needed and serve in bowls with the coriander leaves.

