



INDIAN MIXED BEANS WITH POACHED EGGS

Prep: 10 minutes

Cook: 10 minutes

Serves 2

150g trimmed green beans, halved
100g frozen edamame beans
½ tbsp oil
1 red onion, chopped (150g)
1 tbsp tikka curry paste (25g)
400g can butter beans, drained and rinsed
¼ tsp LoSalt
4 tbsp fat free natural yogurt
2 medium eggs
15g coriander, chopped



Blanch the green and edamame beans in boiling water for 3 minutes, drain.

Meanwhile, heat the oil in a frying pan and fry the onion for 3-4 minutes. Add the curry paste and cook for 30 seconds. Stir in the cooked beans, butter beans and LoSalt with 3-4 tbsp water and cook for a minute. Off the heat, stir in 2 tbsp yogurt.

Poach the eggs in boiling water according to taste. Stir the coriander through the beans and serve topped with the eggs and remaining yogurt.

Cooks tip:

Try using frozen green beans, peas and broad beans to omit the blanching stage. Great served with naan bread or rice for a more substantial meal.

Nutrient	Per 100g	Per Serving	%GDA	Traffic Lights
Energy (kcal)	96	424	21	N/A
Protein (g)	5.8	25	N/A	N/A
Fat (g)	4.2	18	26	Med
Sat Fat (g)	0.6	2.5	13	Low
Carbs (g)	7.2	32	N/A	N/A
Sugar (g)	2.4	10.5	12	Low
Fibre (g)	3.4	15	N/A	N/A
Salt (g)	0.27	1.2	20	Low