



## Recipe Details

Recipe Name : **A-Kidney Bean Curry**  
Recipe Category:  
Author : **Rick Stein**  
Created : **February 16, 2015**  
Last Updated : **February 16, 2015**  
Portions : **8**


### Weight (Per Portion)

One portion of this dish weighs approximately 164.00 Grams

### Recipe Ingredients

| Ingredient                          | Quantity       | Allergen Warnings  |
|-------------------------------------|----------------|--|
| Beans, kidney, boiled, without salt | 350 Gram       |  |
| Turmeric, ground                    | 1 Teaspoon     |  |
| Oil, vegetable blended, average     | 50 Millilitre  |  |
| Onions, raw                         | 3 Medium       |  |
| Garlic                              | 4 Clove        |  |
| Ginger, root                        | 75 Gram        |  |
| Salt, sea                           | 1 Teaspoon     |  |
| Chilli, powder                      | 1 Teaspoon     |  |
| Garam masala                        | 1 Teaspoon     |  |
| Yoghurt, Greek style, plain         | 125 Millilitre | <br>Milk |

### Recipe Alerts

|   |   |
|---|---|
| Special Dietary Requirements Suitability: | <br>Vegetarian |
| Allergen Warnings:                        | <br>Milk       |

### Recipe Method

No Recipe Method available

