

## TASTE WITHOUT WASTE

### **Butter Bean, Cashew and Coconut Korma**

Serves 4

#### *Ingredients*

3 tbsp rice bran oil  
1 large onion, finely diced  
250g Japanese pumpkin, peeled, deseeded and cut into 1.5cm cubes  
150g carrots, cut into 1.5cm pieces  
3 garlic cloves, crushed  
2 tsp freshly grated ginger  
2 tsp garam masala  
1 tsp ground turmeric  
1 tsp ground cumin  
1 tsp ground coriander  
Heaped ½ tsp chilli powder  
½ tsp sea salt  
150g green beans, chopped into 1.5cm pieces  
4 large vine-ripened tomatoes, finely chopped  
100ml vegetable stock  
12 curry leaves  
120g roasted and unsalted cashews, roughly chopped  
400g tin butter beans  
80ml coconut milk (I used light)

#### *Method*

Set a large saucepan over medium heat and add the oil. When shimmering, add the onion and cook for 3 minutes or until just beginning to soften. Add the pumpkin and carrot and cook, covered, for another 8-10 minutes or until the pumpkin is just softened. Stir relatively frequently.

Meanwhile, place the garlic, ginger, garam masala, turmeric, cumin, coriander, chilli powder and sea salt in a small bowl. Mash gently with a fork until thoroughly combined.

Once the pumpkin is just soft, add the spice paste and cook for one minute, stirring constantly. Add the green beans, tomato, stock, curry leaves, cashews and butter beans. Stir well and simmer, covered for 10 minutes or until the pumpkin has begun to break up and the green beans are just tender, stirring every so often.

Add the coconut milk and cook for a further 2 minutes, stirring constantly.

Serve with brown rice, Greek yoghurt, and chutney. A few extra cashew nuts (roasted of course) never go amiss either!

*Source: A Taste Without Waste original.*

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