Curried Bean Salad
RECIPE

Curried Bean Salad

Cooking time	5 mins
Preparation time	15 mins
Serves	4

Put a new spin on a delicious, nutritious bean salad by spicing it up with Durban flavours! This is a quick, easy recipe you can make well in advance, although the fresh green beans should be added just before serving – see Cook’s Tips below.

Ingredients

- 80ml (⅓ cup) vinegar
- 10ml (2 tsp) mild mustard (or 1 tsp hot English mustard)
- 2 cloves fresh garlic, peeled and crushed
- 1 x Royco Durban Curry Dry Cook-in Sauce
- 180ml (¾ cup) oil – olive, sunflower or canola
- 1 red onion, halved lengthways and thinly sliced
- 1 stalk of celery, thinly sliced
- 1 x 400g tin kidney beans, drained
- 1 x 400g tin butter or cannellini beans, drained
- 300g green beans, cut into 4cm pieces
- salt and black pepper, to taste

Vegetarian

This is a vegetarian recipe.

Family Friendly

Use just a touch of curry spicing and hold back on the fresh garlic to persuade the kids to try this good-for-you salad.

Cook’s tips:

- Make the salad ahead, but add the green beans just before you serve it, as they will lose their bright green colour after a few hours in the fridge.
- Get creative with this a versatile recipe! Try adding tinned chickpeas, cooked lentils, avocado, spring onions, chopped parsley, halved cherry tomatoes, or feta cheese.

- You can use freshly squeezed lemon juice in place of the vinegar.

Method

1. In a small bowl, mix together the vinegar, mustard, garlic and 30ml (2 Tbsp) of the Royco Durban Curry Dry Cook-in Sauce powder. If you’d like a stronger curried flavour, add more powder to taste.
2. Whisk in the oil to form a smooth dressing, then pour this into a large mixing bowl.
3. To the bowl, add (in the following order) the red onions, celery, kidney beans and butter beans, but don’t mix everything together yet – let the onion slices sit in the dressing for a while to remove their ‘sting’.
4. Bring a pot of salted water to the boil, add the green beans and cook for 3 to 4 minutes, or until they are just starting to soften. Drain, then plunge into bowl of iced water, which will set their bright green colour.
5. When the beans are cold, drain them again and add them to the mixing bowl. Toss everything together and season to taste with salt and black pepper.

Recipe Tags

Dry Cook In Sauce, Salad, Light Meal, Side

Related Recipes



Creamy Chicken and Pasta Bake

Cooking time

30 mins

Preparation time

20 mins

Macaroni Cheese with Tomato

Cooking time

30 mins

Preparation time

10 mins

Lamb Tray Tagine

Cooking time

180 mins

Preparation time

20 mins



Fiesta Mince Bowl

Cooking time

40 mins

Preparation time

10 mins

Ham, Mushroom and Cheese Bake

Cooking time

25 mins

Preparation time

10 mins

Butternut Risotto with Rocket and Feta

Cooking time

25-30 mins

Preparation time

5 mins

Bolognaise

Cooking time

30 mins

Preparation time

10 mins

Chicken & Mushroom Phyllo Pie

Cooking time

20 mins

Preparation time

15 mins



Penne with a Mediterranean Touch

Cooking time

15 mins

Preparation time

15 mins



Lamb Ragu Lasagna

Cooking time

35 mins

Preparation time

20 mins

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