

MR BEAN COMES TO DINNER

Sarah Sinaram, Dietitian, National Health Group Polyclinics, brings you a delightful spread of beans or legumes in various forms – cook up a curry that is far from dull, go easy on a salad that is full of beans and say ‘cheese’ to mouth-watering tofu patties!

Yummy Dhal Curry



INGREDIENTS

1 cup Lentils (choose either red, yellow, green or brown), washed
 2 ½ cups water
 1 large onion, chopped
 1 clove garlic, chopped
 1 Tbsp oil
 1 Tbsp ground coriander powder
 1 ½ tsp tumeric powder
 1 ½ tsp chilli powder
 ½ tsp cumin seeds
 ½ tsp mustard seeds
 Curry leaves – 1 stem
 Salt to taste (optional)

METHOD

- Boil lentils in water until soft (about half an hour). Remove any froth.
- Heat 1 tablespoon of oil in a small frying pan. Once hot, add mustard seeds, cumin seeds, onions, ginger & garlic. Fry till onions are lightly browned.
- Add tumeric, chilli, coriander powder and lastly, curry leaves. Fry till mix becomes a fragrant paste.
- Add this mix to boiled lentils. Stir well. Add salt to taste (optional).
- Serve with hot rice, bread or chapatti.

Nutrition Analysis by Health Promotion Board (Serves 6)

Calories per serve (1/2 cup):	212
Total Fat	1g
Sodium	27mg
Carbohydrates	37 g
Dietary Fibre	7.2g
Protein	15g

Carbohydrate Exchanges: 2