

A refreshing and light tomato dish, this is easy to make and it's very versatile in that you can make it with other pulses. This recipe uses black-eye beans. Be sure not to overcook the tomatoes, so that they retain their freshness. You can serve this with plain rice or *chapatti* to make a meal.

# THAKKALI PAYARU CURRY

BLACK-EYE BEANS WITH SPINACH AND TOMATO

SOUTH INDIA

serves 4

fresh, light, and creamy

3 tbsp vegetable oil  
½ tsp mustard seeds  
2 garlic cloves, finely chopped  
10 curry leaves  
100g (3½oz) chopped onion  
2 green chillies, slit lengthways  
½ tsp chilli powder

1 tsp ground coriander  
½ tsp ground turmeric  
200g (7oz) tomatoes, cut  
into small pieces  
50g (1¾oz) spinach, chopped  
100g (3½oz) cooked or canned  
black-eye beans  
salt  
300g (10oz) plain yogurt

**1** Heat the oil in a large saucepan and add the mustard seeds. When they start to pop, add the garlic, curry leaves, and onion. Cook over a moderate heat for 5 minutes or until the onion is soft.

**2** Add the green chillies, chilli powder, coriander, and turmeric. Mix well, then add the tomato pieces. Give a nice stir, then add the spinach. Cook over a low heat for 5 minutes.

**3** Now add the black-eye beans with salt to taste. Cook for a further 1 minute or until everything is hot. Remove the pan from the heat and slowly add the yogurt, stirring well. Serve warm.



VEGETARIAN



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