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

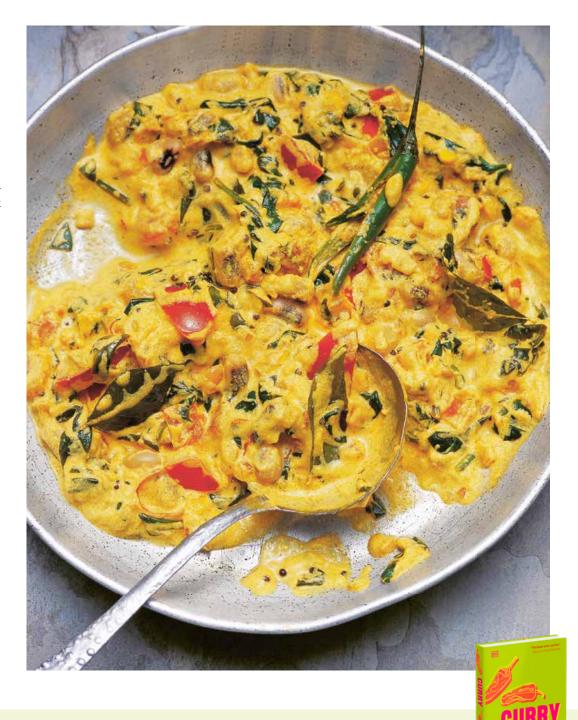
SOUTH INDIA

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 (1½oz) 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

