# TOMATO, CAROM AND FRENCH BEAN CURRY

Source: The Times Sept 2013
Serves 4

- Fresh green chilies, trimmed but not deseeded – 4 o 6
- Root ginger, peeled and roughly chopped – 3cm pcs
- Garlic, crushed – 2cloves
- Pinch of salt
- French beans – 450g
- Sunflower oil - 10ml
- Carom seeds – 3 tsp
- Asafoetida – ¼ tsp
- Salt – 2 tsp
- Turmeric – 2 tsp
- Ground coriander – 2 tsp
- Ground cumin – 1 tsp
- Vine tomatoes, chopped and blended – 2 medium,
- Fresh coriander – 2 handfuls
- Flatbread to serve

**1.** Crush the chilies, garlic and ginger together with a pinch of salt using a mortar and pestle (or blender), to make a fine masala paste.

**2.** Rinse the beans, remove the strings and cut in half across the middle. Heat the oil in a large, thick-based pan for 2 min over a medium heat, then add the carom seeds and fry for no more than 30 sec before adding the asafoetida and French beans. The pan is likely to be very full, so turn the beans carefully, ensuring they are lightly coated with oil.

**3.** Let them sizzle gently while you add the masala paste, turmeric, salt, ground coriander and ground cumin.
Stir through, cover and cook on a medium heat for 7 minutes, stirring every few minutes.

**4.** Then add the tomatoes and half the fresh coriander, cover and reduce the heat to low and cook for a further 7 minutes.
Remove from the heat, sprinkle with the remaining fresh coriander and leave to rest, covered, for at least 10 min to allow the flavors to infuse.

*Reheat over a low heat and serve with flatbreads*