Ranger Nick's Razma

- 1 tin red kidney beans
- 1 tin diced tomatoes
- 2.5cm finely chopped ginger
- 4 cloves finely chopped garlic
- 1 finely chopped onion
- 2 finely chopped chillies
- 2 tbsps oil
- 1 tblsp freshly chopped coriander

Cutting board Sharp knife Wooden spoon Measuring spoons Cook pot



This red kidney bean curry is colourful and tasty as a main meal, or as a side dish.

This classic dish offers a rich flavor sensation with a combination of various spices and will suit the majority of your friends and family.

Feel free to increase the heat by using hotter varieties of chilli.

Cooking Method:

Heat oil in your cook pot and fry onion, ginger, chilli and garlic for 2 – 3 minutes. Add spice mix, stir through and cook for another minute. Add tomatoes and stir through. Stir in kidney beans and fresh coriander. Simmer for 15 - 20 minutes. Take off the heat and serve with rice.