

ANITA'S Baked Beans Subzi

(SERVES 4)

Ingredients

two tins baked beans

1/2 teaspoon cumin seeds

1 medium onion (chopped)

1 cm cube of fresh ginger

Two green chillies, (finely chopped) according to taste

One and half teaspoons gharam masala

One tablespoon of olive oil.

spring onion or fresh chopped coriander to garnish

Method

Heat the oil over medium heat in a pan . Add the cumin seeds and heat until the seeds begin to sizzle. At this point, add the chopped onion, ginger and chillies fry on low heat until they soften. Introduce the beans to the mixture and warm. When the mixture starts to simmer, stir in the garam masala and turn off the heat.

Delicious garnished with finely sliced spring onion or coriander on toast, with chapatti, or paratha.