



## **Curry tripe and beans**

**Servings:** 4 people

**Prep Time:** 10 minutes

**Cook Time:** 6 Hours (in slow cooker)

### **Ingredients:**

1. Broad beans (soaked overnight for a quicker cook) and diced tripe.
2. Parsley, thyme, chopped cherry tomatoes (seeds removed) Optional.
3. Whole garlic and sliced peel ginger.
4. 1 onion sliced. Chopped coriander to garnish.
1. 600 ml approx. chicken stock to cover all the ingredients.
2. Tamarin and Tom Yum Paste
3. Curry Sauce: Oil, crushed ginger & garlic, curry leaves, curry, cumin & turmeric powder.

### **Instructions:**

1. Add all the ingredients into the slow cooker, cook for 6 hours, and keep an eye on the liquid levels, topping up as needed.
2. The dish is done when the beans and tripe are soft and creamy.
3. Heat oil in a pan, add curry leaves, sautéed ginger, and garlic, followed by a mixture of curry, cumin, and turmeric powders blended with water to form a paste. Fry the paste until fragrant, then add it to the slow cooker with the broad beans. Allow to cook for 30 minutes, allowing the flavours to integrate. Season with tamarind and tom yum paste to taste.

### **To serve:**

Pack rice into a small bowl, press it down, and invert it onto the plate. Add the beans and tripe and sprinkle with chopped coriander and a chutney (tomatoes, cucumber, green mango, or any pickles) but this dish goes well with a coconut and mint chutney see website for recipe.

**\*\* Important:** Don't skip eating the whole garlic and ginger in this dish – they become incredibly tasty, soft, and creamy. Definitely worth trying! \*\*

Bon Appétit!