

Lima bean & spinach masala



Method

Soak 100gms Lima Beans over night in 500ml water. Drain rinse and add 300ml water. Boil until lentils are soft add frozen spinach.

Once lentils are cooked add 1 - 2 tbsp of South Indian curry masala paste, to your own preference.

Season to taste add a squeeze of Lemon or lime juice.

Serve warm as a meal or chill and use as dip. Compliments smoked chicken, double smoked ham and as a tasty dip alternative.

Pictured on corn chip with sour cream and our South Indian Tomato pickle.



Ingredients

100gm Lima beans,
300ml water,
50gm frozen spinach,
1-2 tbsp. [South Indian curry masala paste](#),
Salt & pepper to taste,
Squeeze lemon or lime juice