

The BBQ Baker, Out of the Ord

Mung Bean, Chicken and Coconut Curry

Prep time 20 mins - Cook time 40 mins - Total time 1 hour

A warm and spicy curry with chicken, mung beans, coconut, and lime. Serve with rice.

Serves: 2-4 people

Ingredients

- 4 tbsp. vegetable oil
- 1 tbsp. whole cumin seeds
- 4 cloves of garlic, crushed
- 1 x 400g can crushed tomatoes
- 2 tbsp. freshly grated ginger
- 2 tbsp. ground coriander
- 1 tsp turmeric
- 1 tsp sea salt
- 1 tsp cayenne pepper (if using extra hot, only use a ½ tsp)
- 2 cups water
- 2 cups sprouted fresh mung beans
- 500g chicken, sliced
- 1 x 400g can coconut cream
- juice of 1-2 limes
- ½ cup fresh coriander



Instructions:

1. In a large pot heat the cooking oil over medium-high heat.
2. Add the cumin seeds and cook for about 1 minute, until they begin to darken.
3. Add the garlic, and sauté for 2-3 minutes until it has browned.
4. Add the chicken and fry until the meat has sealed.
5. Add the crushed tomatoes (watch out!! My pan sizzled and spat oil) and stir to combine, then add ginger, coriander, turmeric, salt, and cayenne pepper.
6. Sauté this mixture for 5 minutes, stirring frequently.
7. Add the water and mung beans. Increase the heat to high and bring the mixture to a boil, then reduce to low, and simmer for 15 minutes, stirring the mixture once or twice.
8. Taste a few mung beans to make sure they are cooked. If they are, stir in the coconut milk, and increase the heat to medium-high.
9. Once the curry comes to the boil turn off the heat. Stir in the coriander and the juice of one lime.

Notes:

- Serve with rice.
- Recipe adapted from [Vij's At Home](#) by the [Muffin Myth](#).