



BEANS BUNNY

Everyone loves a good bunny chow and this beans bunny does not disappoint. Here Kerrylynn Chetty turns an old favourite into a vegetarian delight.

INGREDIENTS

100 ml oil
1 cinnamon stick
1 bay leaf
1 teaspoon fennel seeds (somph)
1 tomato chopped
1 teaspoon ginger and garlic paste
1 sprig curry leaves
4 medium potatoes peeled and halved
Salt to taste (about 1 and ½ teaspoons)
1 can of sugar beans
Handful of dhania and extra for garnish
1 loaf of unsliced store-bought bread

METHOD

1. Heat oil in a pot on high heat. Add in the whole spices and toast.
2. Add onions and let them soften.
3. Add the powdered spice and let it toast.
4. Add in tomatoes, ginger and garlic paste and curry leaves. Let it simmer until the tomatoes have softened.
5. Add in potatoes, salt and mix. Cover the potatoes with water and let them simmer for 15 minutes until the potatoes are soft.
6. Add in the can of beans with the brine and let it simmer for a further 10 minutes. Add more water if needed until you have a gravy that is thickened (not too thick).
7. Add the dhania, mix and then set aside.
8. Cut the loaf of bread into quarters and hollow out the bread without removing too much of the base so that you have a bread bowl.
9. Scoop the curry into the bread until ¾ way filled and top with the remaining bread.
10. Garnish with more dhania and serve with a carrot salad.your liking.
7. Toast the buns and add the mince mixture.
8. Serve with a side of chips.