

IT'S
IN THE
CAN!

They've never bean better...

Nutritionist Catherine Saxelby on why canned beans are overlooked



Health in a hurry may seem an oxymoron, but with time savers like canned beans it can be true!

Canning is similar in terms of nutrition to home cooking – someone else has done the pre-soak and boiling for you, which are the time-consuming steps.

Beans are high in fibre, low-fat,

inexpensive and can sit in your pantry as an emergency dinner lifeline.

They are a good source of protein and iron in a meat-less meal. You can help your body better absorb this iron by eating them together with vitamin C-rich vegies such as tomatoes or any dark green leaves such as spinach or fresh herbs.

INDIAN BORLOTTI BEANS WITH CHICKEN

● SERVES 4 ● PREP: 10 MINS ● COOK: 19 MINS

- 1 tblsp peanut oil
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 6cm piece fresh ginger, peeled, finely grated
- 2 tsps ground cumin
- 2 tsps ground coriander
- 2 tsps garam masala
- 400g can borlotti beans, rinsed and drained
- 400g can salt-reduced chopped tomatoes
- Cracked black pepper, to taste
- 1/3 cup fresh coriander leaves
- 8 chicken tenderloins (600g)
- Steamed brown rice and

lemon wedges, to serve

- Extra coriander leaves, to garnish

1 Heat oil in a large frying pan. Add onion, garlic and ginger. Cook for 2 to 3 minutes, stirring, until soft. Add spices. Cook, stirring, for 1 minute, until fragrant. Add beans and tomatoes. Season with pepper. Cook for 2 to 3 minutes. Stir in coriander.

2 Meanwhile, heat an oiled grill pan over a medium heat. Add chicken in two batches. Cook for 3 minutes on each side, or until cooked. Remove.

3 Serve beans with chicken, rice and lemon wedges. Garnish with coriander.

