

Spicy Indian Bean and Corn Curry

A flavorful and hearty vegetarian curry made with beans, corn, and a blend of Indian spices. Perfect for a satisfying and nutritious meal.



Main Dish

Indian

30 min

Total time

Easy

Difficulty

350

kcal / serving

Nutrition per serving (estimated)

Protein 12 g

Carbs 52 g

Fat 10 g

Fiber 13 g · Sugar 8 g · Sodium 650 mg

Ingredients

- 1 cup cooked beans
- 1 cup corn kernels
- 1 cucumber, diced
- 1 onion, finely chopped
- 2 tablespoons curry powder
- 1 teaspoon cumin powder
- 1 teaspoon turmeric powder
- 1 teaspoon chili powder
- 1 tablespoon vegetable oil
- Salt to taste
- Fresh cilantro, for garnish

Substitutions

Cooked beans – Cooked chickpeas or kidney beans in the same amount

Corn kernels – Frozen corn kernels, thawed, in the same amount

Fresh cilantro – Fresh flat-leaf parsley for a fresh garnish

Drink pairing

A fruity, off-dry Riesling

Its refreshing fruit and gentle sweetness balance the curry's chili heat and earthy spices.

0% option: Sparkling water with lime

Steps

- 1 Heat vegetable oil in a pan over medium heat. Add the chopped onion and sauté until golden brown.
- 2 Add the curry powder, cumin powder, turmeric powder, and chili powder to the pan. Stir well to coat the onions with the spices.
- 3 Add the cooked beans and corn kernels to the pan. Mix everything together and cook for 5 minutes.
- 4 Add a little water if needed to create a thick curry consistency. Season with salt to taste.
- 5 Simmer for another 5 minutes to allow the flavors to meld together.
- 6 Serve the curry hot, garnished with fresh cilantro and accompanied by steamed rice or naan bread.

Chef's tips

- The curry should look thick and glossy, with beans and corn coated in sauce; add liquid sparingly so it does not become soupy.
- Taste near the end: curry powder and chili vary in strength, so the finished dish may need a little more salt or a gentler spice balance.
- Dice the cucumber just before serving to keep it crisp; its cool crunch contrasts nicely with the warm curry.

Storage

Refrigerate leftovers within 2 hours in a covered container and use within 3–4 days. Reheat until steaming hot; keep the cucumber separate if you want it crisp.

Frequently asked questions

How can I tell when the curry is ready?

It should be hot throughout, with the beans and corn coated in a thick, lightly glossy sauce. The onion should be tender rather than crunchy.

Can I make the curry ahead?

Yes. Prepare it ahead and refrigerate promptly; the spices may taste more blended after resting. Add the fresh cucumber and cilantro close to serving.

What should I serve with it?

Steamed rice or naan are natural accompaniments. A spoonful of diced cucumber on the side adds a cool, crisp contrast.