Credit: *Menolicious: Eat Your Way to a Better Menopause* by Mariella Frostrup and Belles Berry. Published by DK RED, 28 August 2025. £22.
Photography credit: Dan Jones



Harmonious Cannellini Bean One-pot

SERVES 4 AS A MAIN OR 6 AS A SIDE DISH
TIME: 25 MINUTES

A delicious, fragrant one-pot for all the family, inspired by the time Belles spent working in kitchens in India and Sri Lanka, learning about spices and finding the perfect curry recipe. This is our delicious cannellini bean version. These beans are one of the highest protein legumes and are packed with fibre too

Ingredients

20g (¾oz) coconut flakes
3 tbsp olive oil or coconut oil
1 tsp fennel seeds
1 tsp yellow mustard seeds
10 curry leaves (fresh, if possible, or dried)
1 brown onion, chopped
15g (1/2oz) fresh root ginger, peeled and thinly sliced
4 large garlic cloves, thinly sliced
1 red chilli, deseeded, thinly sliced
1 tsp ground turmeric
1 tsp ground coriander
200ml (scant 1 cup) coconut milk
2 x 400g (14oz) cans of cannellini beans, drained and rinsed
12 cherry tomatoes, halved
1 tsp mango chutney
handful of coriander, plus extra for garnish
juice of 1 lime
flaky sea salt
Greek or coconut yogurt, to serve (optional)
rice and/or flatbreads (see pp190–91), to serve

Heat a large, dry non-stick pan with a lid and toast the coconut flakes until golden. Set to one side. Wipe the pan clean.

Heat the oil in the same pan over a medium heat, then add the fennel and mustard seeds and cook for about 30 seconds until they begin to crackle and pop. Add the

curry leaves, onion, ginger, garlic, chilli, turmeric, and ground coriander, and cook until golden, around 8–10 minutes, stirring occasionally.

Reduce the heat, add the coconut milk, cannellini beans, and tomatoes, and simmer gently with the lid on for about 5 minutes, stirring occasionally.

Remove from the heat and stir in the mango chutney and fresh coriander. Season with salt, to taste, then squeeze in the lime juice. Serve with a dollop of yogurt (if you like), topped with the toasted coconut and a few coriander leaves, with brown and wild rice, and/or homemade flatbreads.

COOK'S NOTE This freezes brilliantly for up to 8 weeks.

NUTRITION
Cannellini beans can support metabolic function, improve cadiovascular health, reduce fatigue, support muscle growth, strengthen bones and boost memory.

Carbs
38g

Protein
19g

Fibre
16g

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