



loch lomond shores

Suki's Green Beans Fry

Green Bean Zing!

Introduction:

This is a super easy side dish that can go with any chicken curry that you decide to make from this cookbook! Bursting with flavours, its packed with delicious spices and ginger. No onions and tomatoes in this darling! So, what are we waiting for! Let's get cooking!

Preparation Time: 10 Minutes

Cooking Time: 20 minutes

Type: Side dish



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Ingredients

- 250 gm green or snap beans, cut into 2 cm, lengthwise and ends trimmed
- 1 tsp cumin seeds
- ½ tsp mustard seeds
- ½ tsp nigella seeds
- 1 in ginger, crushed or grated
- ¼ tsp asafoetida power
- ½ tsp turmeric powder
- 1 tsp Kashmiri Mirch red chilli powder (optional)
- 1 tsp coriander powder
- ½ tsp dried mango powder
- Salt as per taste
- 3 tbsp neutral oil
- 1 green chilli, slit (optional)
- ½ tsp garam masala



Method

Add oil in a non-stick pan on medium heat and once hot, add cumin seeds, nigella seeds, mustard seed and once they sizzle add asafoetida powder.

Once cumin seeds sizzle, add the crushed or grated ginger and fry for minute. Now, add the chopped beans. Fry them for a couple of minutes.

Now add powdered spices namely, turmeric powder, Kashmiri Mirch red chilli powder and coriander powder on low heat with a tbs or two of water. Fry for a few minutes. Add salt.

Cover the pan with a lid and cook for 10 minutes on low heat.

Add green chilli and dried mango powder. Mix well and cook for a couple of mins more without covering the pan. Switch off the burner.

Garnish with garam masala.

