

Coconut-Green Bean Curry

Serves 4

STEP 1

1 tablespoon ghee

Pinch hing

3/4 teaspoon mustard seeds

2 tomatoes, blended or finely chopped

1 tablespoon minced fresh ginger

6-8 curry leaves

1 teaspoon turmeric

1/2 teaspoon salt

1/2 cup (125 ml) water

STEP 3

1/4 cup (60 ml) of coconut flakes

STEP 2

3 cups (750 ml) green beans (10 ounces),
sliced diagonally (1/4-inch slices)

STEP 4

Handful chopped fresh cilantro

1. Heat ghee in a skillet. Add hing and mustard seeds. When the seeds start to pop, add tomatoes, ginger and curry leaves and sauté on medium heat, stirring frequently until tomatoes are soft, about 2 minutes.
2. Stir in green beans, turmeric, salt and water. Cover and simmer on medium heat until the beans are tender, about 20 to 25 minutes.
3. Sprinkle with coconut flakes and cook for another minute.
4. Add chopped cilantro before serving.

