



French beans foogath (LV)

Serving: 1

Veg

Ingredients

- French beans (stringed and diagonally cut) - 1 cup
- Oil -1 tsp
- Mustard seeds (rai / sarson) - 1/2 tsp
- soaked urad dal (spit black gram) - 1/2 tsp
- soaked chana dal (split bengal gram)- 1 tbsp
- Curry leaves - 4-6
- asafoetida - 1/4 tsp
- green chilli - 1
- salt to taste
- Coconut - 1/4 cup grated
- Coriander - 2 tbsp chopped

Preparation Method

- Heat the oil and add the mustard seeds.
- When the seeds crackle, add the urad dal and chana dal , curry leaves, asafoetida and green chillies and sauté on a medium flame for a few seconds
- Add the french beans, salt and 2 tbsp of water, mix well and cover and cook on a slow flame for 10 minutes, while stirring occasionally.
- Add the coconut and coriander, mix well and cook on a medium flame for 2 minutes, while stirring occasionally.
- Serve hot.