**Carrot and Beans Poriyal**

Prep time: 10 min Cook time: 15 min

**Ingredients:**

* 1 cup carrots, finely chopped
* 1 cup green beans, finely chopped
* 1 tbsp coconut oil (or any cooking oil)
* 1 tsp mustard seeds
* 1 tsp urad dal (split black gram)
* 1-2 dried red chilies (optional)
* 1 sprig curry leaves
* 1 green chili, chopped (adjust to spice preference)
* 1/4 tsp turmeric powder
* Low sodium salt to taste
* 2 tbsp grated coconut (fresh or frozen)
* 1 tbsp water (if needed)

**Instructions:**

**Prepare the vegetables:**

1. Finely chop the carrots and beans into small, uniform pieces for even cooking.

**Temper the spices:**

1. Heat coconut oil in a pan on medium heat. Add mustard seeds and let them splutter.
2. Then, add urad dal and fry until golden brown.

**Add aromatics:**

1. Toss in dried red chilies, curry leaves, and chopped green chili.
2. Sauté for a few seconds until fragrant.

**Cook & Serve:**

1. Add the chopped carrots and beans, along with turmeric powder and salt.
2. Mix well and sprinkle a little water if needed.
3. Cover and cook for about 8-10 minutes, stirring occasionally, until the vegetables are tender but not mushy.
4. Once cooked, add the grated coconut and mix well.
5. Sauté for another minute and turn off the heat.
6. Serve hot with steamed rice and sambar, rasam, or curd rice.