

GREEN BEANS FRY

250 grams Green beans (French Beans)
1/2 red onion finely chopped
1 clove garlic, finely minced
1/2 teaspoon Cumin seeds (Jeera)
1 Green Chilli , finely chopped
1 teaspoon Red Chilli powder
1/2 teaspoon Turmeric powder (Haldi)
1 teaspoon Coriander Powder (Dhanial)
Oil , as required
Salt , as required

Step 1: To prepare Green Beans Fry Recipe, clean the beans and chop them finely, chop the red onion and garlic and set aside.

Step 2: Heat oil in a heavy bottomed pan and add the onion and cook until starting to colour and soften, now add the and cumin seeds. Sauté it for 15 to 20 seconds.

Step 3: After 15 to 20 seconds, add green chillies and beans.

Step 4: Add salt and turmeric powder and let it cook for 3 to 5 minutes.

Step 5: After 3 to 5 minutes, add in the red chilli powder and coriander powder.

Step 6: Cover the lid and cook it till the beans becomes soft and cooked, if necessary add a tablespoon or two of water.

Step 7: Keep stirring in between so that the beans don't get burned.

Step 8: Once done, switch off the stove and the Green Beans Fry Recipe is ready to serve with boiled/steamed rice and Mixed Vegetable Sambar to make a wholesome meal.

THE COOKERY

by The Secret Jozi Chef