

# GREEN BEANS FRY

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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 (Dhania)  
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