

beans poriyal

preparation time: 15 mins
cooking time: 10 mins
chilli rating: mild

difficulty level: easy
serves: 6 as part of a thali



black mustard seeds

ingredients

1 kg green beans
1½ tsp ground turmeric
2½ tbs vegetable oil
1 tsp brown or black mustard seeds
5 dried red chilli peppers
18 fresh curry leaves
1 tsp fresh ginger, finely grated
2 onions, chopped
½ tsp salt
4 fresh green chilli peppers, chopped
½ cup fresh coconut, finely grated
juice of ½ lemon

method

Fill a saucepan with water and bring to a boil. Add beans and ½ teaspoon turmeric and boil for 1–2 minutes. Drain and rinse beans under cold running water. Drain well and set aside.

In a wok, heat oil over medium–low heat. Add mustard seeds and cook until they crackle. Add dried chilli peppers, curry leaves and ginger and cook, stirring, for 30 seconds.

Add onions, remaining 1 teaspoon turmeric and salt. Cook, uncovered, stirring frequently, until onions are translucent.

Stir in beans and fresh chilli pepper and toss over medium–low heat until well combined and heated through.

Sprinkle with coconut and drizzle with the lemon juice and serve immediately alongside naan and poppadums.

Ajoy's tips This bean dish makes up part of thali that is served with naan and poppadums.

This recipe remains the copyright of ajoy joshi & nilgiri's. For more recipes visit our [recipe page](#)