



Spicy Coconut Green Beans

TIME
30 minutes

YIELD
3–4 servings

GLUTEN-FREE
& VEGETARIAN

This is wonderful as a side with fish and reminds Karen of all the coconut-inspired dishes she's experienced in South India.

1 lb	green beans
Pinch	baking soda
½ teaspoon	salt
2 teaspoons	coconut oil
½ teaspoon	mustard seeds
½ teaspoon	cumin seeds
1 clove	finely chopped garlic
1 Tablespoon	finely chopped ginger
1 teaspoon	dry chilli flakes
½ cup	coconut milk
1 Tablespoon	finely cut coriander leaves
2 teaspoons	sesame seeds
2 teaspoons	coconut flakes

- ① Top and tail the beans and cut them in half.
- ② Blanch the beans in water with baking soda and salt until still crispy and bright green. Drain and plunge in cold water to stop the cooking at this point.
- ③ Heat the coconut oil in a wok, add the mustard and cumin seeds and cook until the seeds start to pop and splutter.
- ④ Stir in the garlic, ginger and chilli flakes.
- ⑤ Add the beans and then the coconut milk and cook, stirring until all the liquid evaporates.
- ⑥ Enjoy sprinkled with coriander leaves, sesame seeds and coconut flakes.