



### Indian Styled French Cut Green Beans - Dish No. 2 in Picture

*The side dish is nutritious and easy to make with frozen green beans*

- 2 teaspoons cumin
  - 1 teaspoon paprika
  - 1/2 teaspoon black pepper
  - 1 teaspoon turmeric
  - 2 teaspoons ground coriander
  - 1 teaspoon Garam Masala
  - 2 Tablespoons avocado oil
  - 1 onion, peeled, chopped
  - 24 ounces frozen French cut string beans
  - 1/2 teaspoon salt
  - 1/4 teaspoon black pepper
  - Water as desired
  - 2/3 cup unsweetened coconut flakes
  - 1/2 teaspoon mango powder or lemon juice when serving
- Optional Garnish:** fresh cilantro, coconut flakes or powder

- Stir first 6 ingredients together in a small bowl; set aside.

- In a heavy large skillet or iron pan, add avocado oil, sauté onions until tender and caramelized.
- Add the mixed spices; toss to combine.
- Mix in the frozen string beans, cover; cook on medium heat until tender (6 to 8 min)
- Season with salt and black pepper to taste.
- Add 2 to 4 Tablespoons water or as desired
- Top with coconut flakes. Do not overcook the beans.
- Before serving sprinkle with mango powder or a teaspoon lemon juice
- Garnish with fresh cilantro, coconut flakes or powder if desired. Serves: 4

**Recipe shared by:** Sangita Handa – Indian Home Cook

Sangita said that she loves to use frozen French cut string beans because they are so nutritious and a real-time saver in the kitchen.

**About the Recipe:** These French cut green beans are sliced thin. so they cook quicker and have a delicate crunch and gentle snap. They have a balance of texture swirled with vibrant Indian spices. This dish is popular in many homes and restaurants since it has a touch of elegance but the simplicity of quick cooking vegetable preparations. Green beans sound rather boring, but this dish topped with flaked coconut is a flavorful experience.