Green Bean Bhaji
Bhajis are quick and simple vegetable dishes which provide a mildly spiced foray into
Indian cuisine.
Ingredients:
2 TBL oil or ghee
1 tsp cumin seed
1 tsp black mustard seed
1 large onion, chopped
3cupsgreenbeans,wholeor
chopped
1 sweet red or yellow pepper, sliced
¼cupunsweeteneddesiccated
coconut
¼ cups Cashew nuts
salt to taste
¼ cup water or stock
2 TBL Punjabi Garam Masala
Spices Used: Punjabi Garam Masala
3-4 Servings
Instructions:
1 - Cook the cumin and black mustard seeds in the oil at a medium
high heat until the seeds crackle.
2 - Add the onion and sauté until translucent.
3 - Add green beans, sweet pepper, coconut and cashews, with salt
to taste. Cook for 2 minutes.
4 - Add water or stock, lower heat cover and cook until al dente or
tender (about 5 minutes).
5 - Stir in the Punjabi Garam Masala and stir to coat the
vegetables. Turn off heat.
6 - Serve with rice or as a side dish.
7 - Use this recipe to Make up your own Bhajis with your favourite
vegetables.