

Sautéed Gujarati Green beans

Recipe by Surya Prana
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MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	251 kj	3%
Energy (kcal)	60 kcal	3%
Fat	3 g	4%
of which saturates	0 g	0%
Carbohydrate	3.8 g	1%
of which sugars	2.9 g	3%
Fibre	3.9 g	16%
Protein	2.4 g	5%
Salt	0.28g	5%

Generated by Nutricis v5.62 on the 29th March 2021

INGREDIENTS (serves 4, approx. 112kcal per 180g serving)

- 600 g green beans
- 2 cloves garlic, crushed
- 1 tbsp light olive oil
- 1 tsp black **MUSTARD** seeds
- 1/4 tsp fenugreek seeds
- 1/2 tsp asafoetida (Indian spice mix)
- 1 tsp cumin powder
- 1/2 tsp turmeric powder
- 1/2 tsp chilli powder
- 1 tsp sea salt/Himalayan pink salt
- 1 fresh chopped tomato
- 100 g frozen peas
- 1 tbsp **SESAME** seeds (pre-toasted)
- 2 tbsp coriander, washed and chopped

METHOD & COOKING TIME:

1. Finely chop the green beans.
2. Heat oil in a pan. Add the mustard seeds, fenugreek seeds and asafoetida.
3. Once the mustard seeds start to pop, add the chopped green beans, spices, crushed garlic, chopped tomato and salt.
4. Toss all the ingredients in the pan until the green beans are coated evenly with the spices. Place the lid on the saucepan and cook for 8-10 minutes on a medium heat, stirring frequently to ensure the beans don't stick to the bottom of the pan.
5. Next, add the frozen peas and cook for a further 3 minutes. Then add the toasted sesame seeds.
6. Serve garnished with freshly chopped coriander.

ALLERGENS



SESAME



MUSTARD

MODIFY

To make allergen free remove the mustard and sesame seeds

CREDIT

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