

Bihari Green Beans Masala

Julie Sahni, via The Wednesday Chef blog, 2010



Servings: 4

Bihar - a state in India.

Masala - means many spices

1. Heat the oil in a 3-quart sauté pan over medium heat. Add almonds and cook, stirring, until light golden. Remove from heat and transfer almonds to a plate or bowl; set aside for garnish.
2. Add onion, garlic, cumin, coriander, paprika, chili pepper flakes and salt to the unwashed sauté pan, and return to medium heat. Sauté until the onion is tender and begins to fry, about 4 minutes.
3. Add coconut milk and green beans. Mix well and bring to a boil. Reduce heat to medium-low and cook, covered, until the beans are tender, about 6 minutes.
4. Sprinkle beans with lime juice, and toss lightly. Transfer to a warmed serving dish and garnish with almonds and cilantro. Serve with plain cooked rice or roti flatbread.

- 4 tablespoons vegetable oil, or light olive oil
- 4 tablespoons sliced almonds
- 1 cup finely chopped onion
- 6 large cloves garlic, finely chopped
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 2 teaspoons sweet paprika
- 1 teaspoon red pepper flakes
- 1 1/2 teaspoons kosher salt
- 1 1/2 cups coconut milk
- 1 1/2 pounds green beans, trimmed and cut into 1-inch pieces
- 2 teaspoons lime juice
- 4 tablespoons chopped cilantro

Per Serving (excluding unknown items): 446 Calories; 39g Fat (72.6% calories from fat); 8g Protein; 25g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 897mg Sodium; 11g Total Sugars; 0mcg Vitamin D; 131mg Calcium; 5mg Iron; 783mg Potassium; 215mg Phosphorus. Exchanges: 1 1/2 Grain(Starch).

Carolyn T's Blog: tastingspoons.com