



Posted on 10 October 2012

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Spicy French Beans With Coconut

Ingredients

3/4kg French beans – chopped into small cubes
2 large onions – sliced
4 green chillies – slit
3 large tomatoes – chopped
1 1/2 cups – fresh grated coconut
Salt to taste

Preparation

- 1 Place the French beans in a bowl of water for 30 minutes.
- 2 Cut the French beans into fine bits (cubes) – make sure you throw out the ends.
- 3 Saute the sliced onions and green chillies.
- 4 Next add the tomatoes and fry for a while.
- 5 Then add the cut up French beans.
- 6 Mix well and add some salt to taste.
- 7 Then fry the French beans for around 5 minutes on medium heat.
- 8 After that pour in some water.
- 9 Cook till the water dries up.
- 10 Finally, once the French beans are cooked, add in the grated fresh coconut – add more if needed.
- 11 Let this cook for another 2 minutes and serve.

Cooks Note

This dish can also be prepared using either gherkins, cauliflower or white pumpkin.
