



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
3 cups green beans, whole or chopped
1 sweet red or yellow pepper, sliced
¼ cup unsweetened desiccated coconut
¼ cups Cashew nuts
salt to taste
¼ cup water or stock
2 TBL Punjabi Garam Masala

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.

Spices Used: Punjabi Garam Masala

3-4 Servings