



Ingredients

250 g French beans (round),
finely chopped
Salt to taste

Seasoning

1 tsp grated coconut
2 green chillies, slit
1/2 tsp mustard seeds
6-8 curry leaves

Nutrients

Approx. calories per serving: 54 kcal

Procedure

Preheat a 16cm Regular unit on medium heat until the Thermo Indicator reaches the green mark. Lower the heat and add the mustards seeds and curry leaves. Once the seeds splatter, toss in the beans dripping wet along with green chillies. Cook the vegetables on low heat until the indicator reaches 100 degree mark or until done. Add salt to taste and grated coconut, cover and keep aside for 3-4 minutes. Serve hot.