

Coconut Curry Green Beans

Nimita Dhirajlal

1 Pound of green beans
1 1/2 cups of shredded unsweetened coconut
1 bunch of cilantro (minced)
1 teaspoon of cumin seeds
1 teaspoon of mustard seeds
a pinch of hing (asafetida)
1 teaspoon of coriander-cumin powder
1 teaspoon of cayenne
1 teaspoon of tumeric
1 ½ teaspoon of salt (or more if you like)
1 spoon of olive oil

Trim ends of green beans and cut into ½ inch pieces.

Heat the olive oil and add cumin and mustard seeds. When these start to pop, add a pinch of hing. Immediately, add the green beans. Sauté over a medium heat flame, until beans are half cooked. Add remaining spices and salt. Cook for another 5 minutes. Add shredded coconut. Stir and allow the coconut to cook with the beans. When the coconut starts taking on a golden color, add the minced cilantro and stir. Cook for two minutes then remove from heat. Add lemon juice when serving.

Nimita Dhirajlal delights in sharing the art of cooking that has been passed down to her from generations. She views cooking as a form of alchemical art where the experience of cooking becomes a meditation in itself. This is the secret behind the unique flavor found in the dishes. The cookware used is strictly vegetarian. In this way the full “prana” of the vegetables is left intact. Nimita uses only organic ingredients of the highest quality. She supports local farmers. The food is slow-cooked with very little oil, making the dishes healthy and nourishing. All dishes are made with seasonal, organic ingredients.

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