



Green Beans with Mustard Seeds

A very easy to prepare dish of fresh green beans flavored with crunchy mustard seeds. A wonderful accompaniment to an Indian meal.

Serves : 4

Preparation Time : 10 minutes

Cooking Time : 5 minutes

Ingredients

7 oz / 200 g fresh green beans, trimmed
2 tsp ghee or vegetable oil

Herbs & Spices

1 tbsp Mustard Seed Black

Cooking Instructions

Bring a large pan of water to the boil and cook the beans until just about tender (don't overcook them). Drain and set aside.

In a wok or large frying pan heat the ghee or oil until hot. Add the mustard seeds and stir fry then for 1 minute or until they start to pop and have changed to a bluey colour. Add the cooked beans and toss to coat with oil and mustard seeds. Allow beans to heat through and serve.