FRENCH BEANS WITH COCONUT FLAKES

Ingredients

- 200g French Beans
- ½ cup desiccated coconut flakes
- 1tbsp oil (vegetable)
- ½ onion finely chopped
- 1 tbsp Garam Masala
- 1tbsp Mustard
- 1 pinch of salt
- Cardamom, curry powder, chili flakes

Method

1. Wash and cut in half the french beans , then cook them in hot water for about 5 minutes
2. In a large pan toast the coconut flakes, keep stirring as they are easy to burn.
3. When the coconut starts toast add oil and onion. Stir on medium heat.
4. Add your spices to the pan and keep stirring.
5. Drain the french beans and add them to the pan with a pinch of salt.
6. Stir the beans until cooked then add the mustard.
7. Serve warm with some yogurt or brown rice.

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