



Beans Carrot Poriyal Recipe

Ingredients

- Sachet MAGGI Masala-vin-Magic
- Tablespoons Oil
- Teaspoon Mustard Seeds
- Tablespoon Chana Dal
- Tablespoon Urad Dal
- Curry Leaves
- Onion (Sliced)
- Green Chillies (Slit)
- gms Beans (cut into 1" pieces)
- gms Red Carrots
- 1/4 1/4 Teaspoon Turmeric Powder
- Pinch Salt (To Taste)
- 1/2 1/2 Cup Coconut bits

Instruction

1. Prepare ingredients as mentioned in the list. Heat the oil in a karahi, add the mustard seeds and when it splutters add the chana dal, urad dal and curry leaves.
2. When the dals are golden brown add the onions and green chillies and sauté till the onions are soft.
3. Then add the beans, carrots, turmeric powder and salt. Stir fry for a few minutes, cover and cook on a low flame for 4-5 minutes. Until the vegetables are tender yet crisp.
4. Now add the grated coconut and MAGGI Masala-vin-Magic, sauté for two minutes.
5. Serve hot with steamed rice and Sambhar.

Nutrition

Carbohydrates	65.33 g
Energy	955.43 kcal
Fats	49.92 g
Protein	17.92 g

32 Minutes

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