



Karamani (Long Beans) Poriyal Recipe

Ingredients

- Sachet MAGGI Masala-vin-Magic
- 1 kg Beans (cut into 1" pieces)
- 1/2 Teaspoon Turmeric Powder
- Pinch Salt (To Taste)
- 1/2 Cup Coconut bits
- Teaspoon Cumin Seeds
- Green Chillies (Chopped)
- Tablespoons Oil
- Teaspoon Mustard Seed
- Tablespoon Urad Dal
- Curry Leaves

Instruction

1. Prepare ingredients as mentioned in the list. Coarsely grind the grated coconut, cumin seeds and green chillies, do not add any water. Keep aside.
2. Put the long beans in a karahi, add turmeric powder and salt and sprinkle 2-3 tbsps. of water. Cover and cook on a low flame for 4-5 minutes. Until the vegetables are tender yet crisp. Keep aside.
3. Heat oil in another karahi, add the mustard seeds and when it splutters add the urad dal. When the dal turns golden brown add the and curry leaves.
4. Then add the cooked long beans and the coarsely ground coconut mixture and cook for five minutes. Add the MAGGI Masala-vin-Magic, mix well and sauté for two minutes.
5. Serve hot with steamed rice and Sambhar.

Nutrition

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| Carbohydrates | 34.48 g |
| Energy | 1039.29 kcal |
| Fats | 49.78 g |
| Protein | 18.82 g |

32 Minutes

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