

# Payar Thoran - Green Beans With Coconut

**T**horan is a generic term for a dish that is made with finely-chopped vegetables, coconut, and spices. A punch of flavor is added by briefly stir-frying it in seasoned oil. Green beans (*payar*), also called yard long beans, used in this dish are available in Indian grocery stores. These long green beans have a strong, pleasant taste that is further intensified with grated coconut. GREEN BEANS WITH COCONUT is usually served with rice and other dishes (fish, meat, and lentils) that have a sauce. It also makes for an exotic side salad to accompany grilled fish.

## Ingredients (To serve 4)

- Green beans - 12 oz / 340 gm
- Grated coconut - 4 tbsp
- Turmeric powder - ¼ tsp
- Shallots - 5
- Small green chilies - 4
- Garlic cloves - 4
- Olive oil - 3 tbsp
- Black mustard seeds - ¾ tsp
- Cumin seeds - ¼ tsp
- Curry leaves - 4
- Salt - 1 tsp

## Utensils

- Medium pan
- Medium wok with lid

## Preparation/Pre-Cooking (10 minutes)

1. Trim the green beans.
2. Wash and cut them into ¼-inch rounds.
3. Boil the beans in the pan with ¼ cup water, 1 tbsp grated coconut, and the turmeric powder, until they are crisp-tender.
4. Peel and mince the shallots.
5. Trim the stems off and cut the green chilies into small rounds.
6. Peel and slice the garlic cloves.

## Cooking (5 minutes)

1. Heat the oil in the wok over high heat.
2. Add the mustard seeds to the hot oil.
3. When the mustard seeds start to pop, add the cumin seeds, shallots, and curry leaves.
4. Sauté until the shallots become translucent.
5. Add the green chilies, garlic, and the rest of the grated coconut. Sauté until the coconut turns golden brown.
6. Add the beans and sauté for a minute.
7. Cover the wok, reduce heat to low, and cook for about five minutes.
8. Season with salt.

**Serve:** Warm.

### Nutrition Information (per serving) %DV

Calories	176	9 %
Carbohydrates	15 gm	5 %
Protein	4 gm	8 %
Fat	13 gm	20 %
Cholesterol	0 mg	0 %
Sodium	601 mg	25 %
Fiber	4 gm	16 %
Calcium	63 mg	6 %
Iron	2 mg	11 %

**Note:** Regular beans, carrots, cabbage are also used to make *thoran*. For a colorful dish, mix grated red and green cabbage in equal quantities.

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