

Recipe Name: Goan Style French Beans Foogath Recipe
Diet Type:
Course: Side Dish
Cuisine: Goan Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 250 grams Green beans (French Beans) - cut into 1/2 inch pieces	4
• 1 Onion - sliced	
• 2 Green Chillies - slit	
• 3 tablespoon Sunflower Oil	
• 1/2 teaspoon Mustard seeds	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 8 Curry leaves	
• 2 Kashmiri dry red chillies - broken	
• 3 tablespoon Fresh coconut - grated	
• 1 teaspoon Salt	
• Sugar - a pinch	

Preparation

- To begin making the Goan Style French Beans Foogath Recipe, wash the french beans, remove the string and chop them into 1/2 inch piece.
- Heat oil in a heavy bottomed pan.
- Add mustard seeds, cumin seeds, curry leaves, dry red chillies and green chillies.
- Saute for about 1 to 2 minutes.
- After 1 to 2 minutes, add onions.
- Saute for 3 to 4 minutes till onion turns translucent.
- Saute.
- Add around 1/4 cup of water, cover and cook for 8 to 10 minutes.
- Don't over cook to maintain the crunchiness.
- When beans is cooked, finally add grated coconut, toss and switch off.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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