

# Spicy Green Beans (Masaledar Sem)

**Category:** Indian

**Servings:** 4

**Rating:** 10

**Source:** Based on an indiasnacks.com recipe

## Description:

A great dish with Cardamom Meat Loaf.

## Ingredients:

ginger	3/4" cube, peeled and minced
garlic	5 cloves
water	3/4 cup
cumin seeds	1 teaspoon
coriander seeds	1 teaspoon
vegetable oil	2 tablespoons
chili flakes	1/4 teaspoon
tomato	1 cup (about 4 tinned tomatoes with juice)
Sea salt	1/4 teaspoon
pepper	to taste
lemon juice	1 1/2 tablespoons
green beans	3/4 lb. or so, trimmed
garam masala	1/2 teaspoon

## Instructions:

Blend ginger and garlic in a food processor with 1/4 cup water until fairly smooth. Grind the coriander in a spice grinder and set both aside.

Heat the oil in a wide, heavy saucepan over a medium flame. When hot, put in the cumin seeds and stir for 30 seconds. Add the pepper flakes and the ginger-garlic paste and cook, stirring, for about two minutes. Add the ground coriander and stir a few times. Stir in the tomatoes and cook for 2 minutes, mashing the tomato pieces with the back of a slotted spoon. Add the beans, salt, and 1/2 cup of water and bring to a simmer. Cover, turn the heat to low, and cook until the beans are tender, about 8-10 minutes.

Remove the cover and add the lemon juice, the garam masala, and a generous amount of freshly ground pepper. Turn up the heat to high and boil away the remaining liquid, stirring the beans gently as you do so.

Serve immediately.