

Long Bean Stir Fry Kerala Style

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-long-beans-recipe-vegetarian>

Ingredients:

- 1 1/8 pounds long beans
- 3 tablespoons coconut oil
- 1/2 teaspoon mustard seeds
- 1 tablespoon garlic crushed
- 10 shallots sliced
- 3 curry leaves
- 2 green chilies
- 4 red chilies grounded or 1 tbsp red chili flakes
- 1/4 teaspoon turmeric powder
- 1/4 teaspoon pepper powder
- salt as required
- 3 tablespoons water

Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 127 grams
3. Fat: 12 grams
4. Fiber: 14 grams
5. Protein: 39 grams
6. SaturatedFat: 9 grams
7. Sodium: 250 milligrams
8. Sugar: 1 grams

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