

# Green Bean Curry

Yield: 2 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/green-beans-indian-recipe-uk>

## Ingredients:

- 2 teaspoons coconut oil
- 1/2 cup white onion minced
- 1 jalapeno small, deseeded and minced
- 1 tablespoon minced ginger
- 2 cloves garlic minced
- 1 tablespoon thai green curry paste
- 2 tablespoons lime juice
- salt to taste
- 1 cup coconut milk whole-fat
- 1/3 cup cilantro loosely packed
- 2 teaspoons coconut oil
- 1 white onion small
- 1 red bell pepper
- 1/2 pound green beans thinly sliced
- sea salt to taste
- 2 cups brown rice for serving
- toasted coconut for serving
- fresh cilantro for serving

## Nutrition:

1. Calories: 1150 calories
2. Carbohydrate: 176 grams
3. Fat: 44 grams
4. Fiber: 15 grams
5. Protein: 22 grams
6. SaturatedFat: 35 grams
7. Sodium: 820 milligrams
8. Sugar: 15 grams

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