

Keralan Pandi – South Indian Coconut-Pork Curry

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 2/3 pounds pork loin steak or fillet room temperature
- 2 tablespoons rapeseed oil or coconut oil
- 1 teaspoon fennel seeds you can leave these out
- 2 red chillies dried, you can remove these if you like your food mild
- 2 onions finely diced
- 5 garlic cloves minced
- sea salt
- freshly ground black pepper
- 1 teaspoon ground turmeric
- 7/8 pound tomatoes tinned
- 1 green chilli fresh, chopped
- 1 tablespoon ginger freshly grated
- 2 teaspoons cumin seeds ground or cumin powder
- 1 teaspoon coriander powder coriander seeds ground
- 13/16 cup milk low fat coconut, if you prefer
- 3 1/2 ounces green beans trimmed
- 1 handful coriander leaves fresh, chopped
- 1 lime

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 5 milligrams
4. Fat: 8 grams
5. Fiber: 5 grams
6. Protein: 5 grams
7. SaturatedFat: 1 grams

8. Sodium: 230 milligrams

9. Sugar: 10 grams

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