

GREEN BEANS!



KERALA COCONUT NOODLES

Yield: 4 Entrée-size Servings or
8 Side-dish Servings

Chef Anita Jaisinghani for Recipe for Success

INGREDIENTS

FOR THE NOODLES

8 ounces rice vermicelli

FOR THE VEGETABLES

1 1-inch piece	ginger
2	garlic cloves
1	small white onion
1 cup	fresh green beans
1 large	carrot
1 tablespoon	green curry paste
½ can	coconut milk
¼ cup	water
½ teaspoon	salt
½ cup	peanuts, toasted
¼ cup	cilantro
1	lime

PREPARE THE NOODLES

Fill a saucepot with water. Place the pot over high heat. Add the salt. Bring the water to a boil. Turn off the heat.

Gently drop the rice noodles into the water.

Let the noodles absorb (soak up) the water for about 5 to 8 minutes.

Place a strainer over a bowl in the sink.

Drain the noodles into the strainer.

Shake out the water in the sink.

Strain noodles over a bowl in the sink.

(recipe continued on other side)

GREEN BEANS CONTAIN FOLATE, A NUTRIENT THAT MAY COMBAT DEPRESSION. FOLATE INTERACTS WITH THE BRAIN TO PRODUCE WHAT ARE CALLED THE “FEEL-GOOD” HORMONES. THESE ARE IMPORTANT IN THE REGULATION OF YOUR MOOD, SLEEP, AND APPETITE.

KERALA COCONUT NOODLES CONTINUED

FOR THE VEGETABLES

Remove the peel from the ginger with a spoon. Grate the ginger with a grater.

Peel and mince the garlic.

Peel the onion. Cut the onion in half. Chop the onion into very small pieces.

Pulse until the onion is chopped into small pieces.

Break off the ends of the green beans.

Snap the green beans into 1 inch pieces.

Peel the outside of the carrot. Throw the outside peels away. Cut the carrots into circles.

COOK THE DISH

Place a large non-stick sauté pan on medium heat. Spray the pan with cooking spray.

Add the garlic, onions and ginger to the pan. Cook for 30 seconds.

Add the carrots. Cook for 2 minutes.

Stir in the green curry. Cook 30 seconds.

Add in the coconut milk, green beans and salt. Stir well.

Allow to simmer for 15 minutes or until the carrots are cooked.

Remove the pan from the heat. Add the rice noodles. Gently fold the noodles into the sauce.

TO GARNISH

Remove the cilantro leaves from the stems. Chop the leaves.

Chop the peanuts into small pieces.

Cut the lime into 4 wedges.

Sprinkle the cilantro leaves and peanuts over the noodles.

Serve with lime wedges.

Don't forget to squeeze the lime wedge over the noodles before eating and enjoy!!

COOKING TIP



Green beans have a very bright and appetizing color when cooked properly. To bring this out, place your green beans in a pot of boiling water for 1-2 minutes. When they are bright green, remove them from the boiling water and run them under cold water, or place in a bowl of ice water to stop the cooking process. The best ways to finish cooking them is to either sauté or roast them in a pan with vegetables and spices of your choice.

