

Spicy Indian Beans



Spicy Indian Beans can be eaten hot or cold. Help out with dinner and serve it hot with grilled or BBQ meat. Or, refrigerate and eat it cold for lunch or in a lettuce leaf cup, packed into lunch boxes.
Makes 6 serves

Ingredients

500 g green beans
2 large potatoes
1 red capsicum
1 tablespoon vegetable oil
½ teaspoon grated fresh ginger, turmeric and chilli powder
2 tablespoons lemon juice

Utensils

Chopping board and knife
Large frypan or wok
Wooden spoon
Tablespoon
Measuring spoons

