



## Vegetarian ~

### 10. Keralan Veg Stir Fry

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There are three ingredients that must be included in this simple dish from Kerala which is known as a *thoran*. These are mustard seeds, curry leaves and grated fresh coconut. Beyond those ingredients, you can add almost any vegetable you want; just try to ensure that what you choose cooks at roughly the same speed. This just shows the variety of food that India produces, it is a dish that cooks in minutes without compromising on flavour or texture.

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#### INGREDIENTS

250g baby corn, cut diagonally into 3cms pieces

125g green beans, cut into 3cm pieces

1 large carrot, cut diagonally into 1 cm thick batons

1.5 tbsp coconut oil

1.5 tsp mustard seeds

3cms ginger, peeled & finely chopped

1 small green chilli, finely chopped

About 20 curry leaves

125g whole cashew nuts

200g asparagus, cut diagonally into 3cms pieces

125g mange tout

175g freshly grated coconut, plus a little extra for garnish

Salt

3 tbsp lemon juice, plus a little extra for serving

#### METHOD

Bring a large saucepan of water to the boil and season generously with salt. Add the baby corn and carrot and simmer for a few minutes before adding the green beans. Your aim is to blanch the vegetables rather than boil them, so they do not lose their crunch or colour.

Whilst the vegetables are boiling, heat the coconut oil in a pan over a high heat. When hot, add the mustard seeds which will begin to pop and crackle immediately. Then add the ginger, green chilli, curry leaves and cashew nuts and stir fry for 1 minute. Next add the asparagus and continue to fry for 1 minute.

By this point, the simmering vegetables should be tender, so carefully drain and add them to your hot pan and fry, stirring almost constantly.

Now add the mange tout and coconut and fry for 2 more minutes. Sprinkle in a generous amount of salt, add the lemon juice, and toss all the ingredients together to combine.

Serve up your stir fry topped with a little extra grated coconut and a squeeze of lemon juice.



