

Gujarati-style Green Beans

adapted from Madhur Jaffrey

1 pound green beans
2 Tbsp olive oil
1 Tbsp mustard seeds (I used yellow)
4 cloves garlic, peeled, smashed, minced
1/2 tsp red pepper flakes, or to taste
scant tsp salt, or to taste (I don't like a lot of salt)
a few pinches of sugar
freshly ground black pepper

Bring a large pot of water to a boil.

While the water heats, rinse the beans and cut off the ends. Gather the beans in bundles and cut into thirds.

Blanch the beans. Add them to the pot of boiling water and boil for about 4 minutes. Drain and rinse with cold water. The beans can be made ahead up to this point and stored in the refrigerator.

About 15-20 minutes before you are ready to eat, remove the beans from the refrigerator. Add the olive oil to a large pan and heat over medium.

When the oil is hot, add the mustard seeds. Stir and cook until the seeds start to pop. Quickly add the garlic and stir. Cook and stir until the garlic turns golden (but not burnt).

Add the red pepper flakes and heat briefly. Add the green beans to the pan and season with salt, sugar, and black pepper. Stir and heat for about 10 minutes. Serve.