




Green bean, pea, pomegranate and fresh coconut salad

A delicious spin on celebrity chef Reza Mahammed's asparagus and broad-bean salad.

 Less than 15 minutes **Serves:** 6

Recipe Type: Salads

Main Ingredient: Vegetables

Ingredients

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45 ml PnP sunflower oil

 5 ml black mustard seeds

 5 ml cumin seeds

 2 sprigs PnP curry leaves

 3 ml PnP crushed garlic

 3 ml PnP grated fresh ginger

 250 ml no name frozen peas, thawed

 60 ml fresh lime juice

 300 grams PnP fine green beans,
 blanched

 300 grams PnP bean sprouts,
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 1 PnP green chilli, deseeded and
 chopped

 1 dash PnP salt, to taste

 1 half PnP fresh coconut, grated

 50 grams pomegranate seeds

 1 handful PnP coriander leaves

 2 tbsp PnP sugar

Method

- Heat oil in a medium saucepan until hot.
- Add mustard and cumin seeds.
- Once they begin to pop, add curry leaves, garlic and ginger.
- Cook for a minute, then add peas, a dash of water and salt and simmer for 2 minutes.
- Add lime juice.
- Toss with remaining ingredients and serve.