

Green Beans with Tomato & Fenugreek Sauce

Season: Summer

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: chilli, coriander, garlic, green beans, tomatoes

Recipe source: *Moro East*, Samuel Clark & Samantha Clark (Random House 2011)

This dish combines the classic flavours of sweet fragrant cinnamon and bitter fenugreek seeds. The method of parboiling the fenugreek seeds three times reduces their bitterness and softens the seeds.

Equipment:

metric measuring scales
and spoons
clean tea towel
chopping board
cook's knife
saucepans – 1 large,
1 small
colander
sieve
frying pan
wooden spoon

Ingredients:

800 g green beans, topped and
tailed
3 tbsp fenugreek seeds
8 tbsp olive oil
4 garlic cloves, thinly sliced
2 x 6 cm cinnamon sticks
1.6 kg tomatoes, peeled and diced
(or 4 x 400 g canned tomatoes)
1 small handful of coriander,
chopped
1 tsp long red chilli, finely chopped



What to do:

1. Prepare the ingredients based on the instructions in the ingredients list.
2. ***Fill the large and small saucepans with water and bring to the boil.**
3. Add the green beans to the large saucepan and cook for 4 minutes.
Drain into the colander and set aside to cool.
4. Add the fenugreek seeds to the small saucepan and boil for 2 minutes.
Drain into the sieve. Repeat this process two more times, so that the seeds are boiled three times in total. Set aside to cool.
5. Heat the olive oil in the frying pan over a medium heat. Add the garlic and cook, stirring frequently, for 30 seconds.
6. Add the cinnamon sticks and cook for a further 2 minutes.
7. Add the tomato and cook over a high heat until the oil and acid from the tomato splits.
8. Add the cooked beans, fenugreek seeds, coriander and chilli. Stir through and cook for a couple of minutes until the beans are warmed through.
9. Serve warm or at room temperature.

*Adult supervision required.