

## **Green Beans with lime-green capsicum and sesame seeds**

### **Ingredients**

2 tablespoons sesame seeds

Salt

500g beans

3 lime-green capsicums

2 tablespoons vegetable oil

1 teaspoon mustard seeds

5 garlic cloves

1x 1cm piece of ginger

½ cup coriander leaves

Lemon juice

### **Method**

In a non-stick fry pan toast sesame seeds on a low heat until lightly golden. Pound sesame seeds with the mortar and pestle to form a coarse powder.

Wash the beans and trim the ends and cut into 4cm lengths. Halve the capsicums, remove the seeds and thinly slice.

Chop the garlic cloves into 2 or 3 pieces and press through a garlic press into a small bowl. Peel the skin from the ginger and grate with the large holes of the grater and then chop finely.

Wash the coriander leaves, dry in clean tea towel, and coarsely chop and place in a bowl.

Cook the chopped beans in the steamer for 5mins until barely cooked (still a bit crunchy). Spoon cooked beans onto a baking sheet to cool. If the beans are young and fresh, they can be cooked entirely in the wok

Heat oil in the electric fry pan add mustard seeds and heat until they start to pop. Then add capsicum slices and ginger. Stir for 30 seconds or until fragrant, then add garlic and stir for another 30 seconds. Finally add sesame, beans and coriander and stir well. Add salt and lemon juice to taste.

