

SPICY GREEN BEAN FILLING

Equipment needed –

Small knives chopping boards, saucepan, colander, measuring spoons and a measuring cup.

Ingredients from the Garden –

- 600 grams of green beans
- 2 brown onions
- 4 cloves of garlic
- 2 red capsicums
- 10 tomatoes

Ingredients from the Pantry –

- 4 teaspoons of garam masala
- 4 teaspoons of ground cumin
- 1 teaspoon ground turmeric
- 2 tablespoons of tomato pasta
- 1 cup of drained corn kernels
- 1 cup of yoghurt

What to do –

1. Cut the beans into smaller pieces. Place in a saucepan of water and bring to the boil. Cook until tender. Once cooked drain in a colander over the sink.
2. Finely chop the onion and set aside.
3. Peel and crush the garlic and set aside.
4. Cut the capsicums in half. Remove the seeds using the back of a spoon then chop the capsicum into a fine dice.
5. Measure out 4 teaspoons of oil into a medium saucepan and heat over a medium heat. Add the onions, garlic and capsicums and cook stirring for about 3 minutes or until the onion has softened.
6. Measure out the spices and add to the pan - 4 teaspoons of garam masala, 4 teaspoons of ground cumin and 1 teaspoon ground turmeric
7. Measure out 2 tablespoons of tomato paste and add to the pan.
8. Open the can of corn, drain in a colander over the sink. Add the corn to the saucepan.
9. Bring to the boil, then reduce the heat and simmer, covered for 10 minutes. Add the beans and stir until hot.
10. Remove from the heat and gradually stir in 1 cup of plain yoghurt. Give the bean mixture to the crepe group.

Serves –

- 28 students.